The Best of

By J. DeWitt Fox, M.D.

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The Best of *Life and* HEALTH

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By J. DeWITT FOX, M.D.

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CONTENTS

Preface 3
A Strong Health Rope 9
New Health for the Future 11
Psychosomatic Medicine 16
Today's Tyrants 19
Colds, Flu, and Fatigue 23
The Fluttering Heart 28
Speed, Spice, and Scotch 34
Content Your Colon 44
Easy Does It 49
Fresh Air 53
Sunshine for Relaxation 57
For Your Nerves 61
There's Health in a Hobby 64
A Color Cocktail 68
Doctors Warn: Don't Smoke 72
How About Drugs? 86
School Knickknacks 91
Hidden Hunger 95
Shopper's Headache 99
The White Plague 105
Worry Warts 117
Sure, You Can Afford a Doctor! 122
The Bond Between Us 126

PREFACE

"Beloved, I wish above all things that thou mayest prosper and be in health. . . ."

This book is the essence of editorial comment plus a few articles by the editor of *Life and Health,* the "world's most widely read" health magazine, designed to keep the public well informed on medical matters.

It is my sincere hope that as you read this book you will find in it something to make your life happier and healthier.

One fascinating fact has been impressed on me during my practice of medicine: Drugs, doctors, and disease may change with the times, but the laws of health are timeless. The same good nourishing food, fresh air, sunshine, sleep, and relaxation that kept your grandfather healthy until he was 90 can do the same for you today, even in this hurry-scurry, pell-mell atomic age of jet speed and spasm. Your body hasn't changed—only our civilization.

PREFACE

One thing is certain—*it takes time to be healthy!* Time that too few Americans are willing to take until too late. Instead of taking a little time each day to live sanely, relax, enjoy life, we go crazily on until our health is gone. Then we spend all our time and much of our money in the hospital.

It is estimated that of every dollar used for medical needs today ninety-five cents is spent on trying to regain health after sickness strikes. Only five cents of each dollar is spent to prevent illness and keep our health.

Diseases may come and diseases may go. Doctors may have new drugs and therapy as each new antibiotic and

wonder drug comes out. Hospitals may have new equipment and better means for diagnosing disease. But one thing you should know: The health habits you live day by day are the best hospital insurance policy you could take out. Diseases may come, diseases may go, but the laws of health go on forever!

If you and I will but keep the laws of health, we will keep healthy. It's that simple! Health is not only a gift, it is a habit!

Sound sleep, three square meals a day, moderate habits of work and play, abundant water to drink, sunshine, and a happy mental outlook not only can strengthen our resistance against one or two diseases, such as the common cold and flu, but will also protect us against all disease, even the new psychosomatic illnesses of our modern age, such as nervous indigestion, peptic ulcer, coronary heart disease, migraine, allergic disorders, and, yes, even the most dreaded of all diseases—cancer!

Every doctor knows that your best protection against cancer is not only watching for the early signs but also keeping your body in tiptop tone. It's frequently the man or woman who is overworked, under stress, worry, prolonged tension, or who foolishly neglects or abuses his body who succumbs to cancer. At least this has been my experience in questioning cancer patients in medical practice.

When we are feeling fit, our bodies have plenty of bounce, and our nervous reserve is high, we can stand more stress and strain of modern life—more hours of work,

more pressure from the boss, more tight schedules, or more troublesome traffic. It is only as we neglect our health habits that we fall ill from either nervous or physical ailments.

If this book appears to repeat in places, the repetition is sometimes intentional—the best way to teach, my medical-school professors told me, is to repeat the instruction over and over again. But please don't feel that we are preaching or teaching, but as Samuel Johnson says, "What men need most is not to be informed but to be reminded."

We do not apologize for reminding you once more and bringing health habits back to your mind if by so doing we can add one happy day to your life, one joyous, relaxed hour to your day, one sweet second of health and happiness to your precious minutes.

This book is written for you and millions of other Americans who are neglecting their health each day. Americans who skid along, getting through each day by the aid of several cups of coffee, too many cigarettes, too much wound-up nervous energy—and too little sleep, relaxation, fun, and frolic. Americans who spend five dollars' worth of nervous energy on a five-cent problem. Americans who are tense and tight, who take themselves, others, and the world much too seriously. Folks who seldom smile, and who have forgotten how to laugh.

These are the tense, parchment-faced Americans with hairpin wrinkles between their eyebrows, who look haggard, tired, worn. They are anemic, nervous, irritable. They are half sick. As doctors say, they have subclinical

disease. They belong in bed, but they keep going until they drop. All the while life is lusterless, worthless, so far as enjoyment is concerned. In the morning they say, "Oh, how can I get through this day?" And at night they are so dog tired they sigh, "Life just isn't worth living!" And they are right. That kind of life isn't worth living. It has no sparkle, no zest. If you are any of these, then this little book is for you!

And with it comes a guarantee. If you follow the health habits as outlined here for the rest of your life, we guarantee that you'll feel better, look younger, live longer. If you don't believe it, come around one hundred years from now and we'll refund your money!

Joking aside, we hope you'll read this book, benefit from it, and put its principles into practice. We would enjoy hearing how it has helped you. Won't you drop us a note? We'd like to know you better.

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J. DeWitt Fox, M.D., *Editor*
Life and Health
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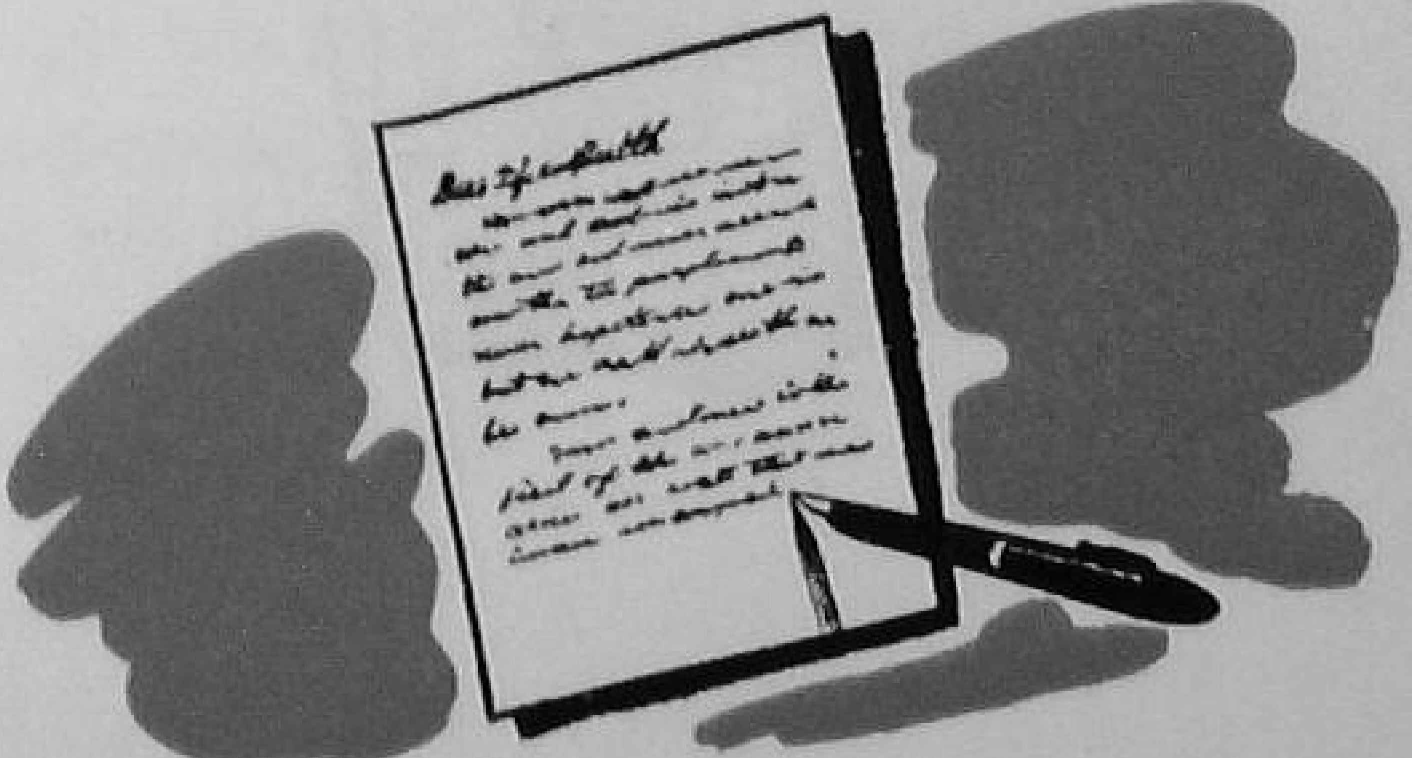
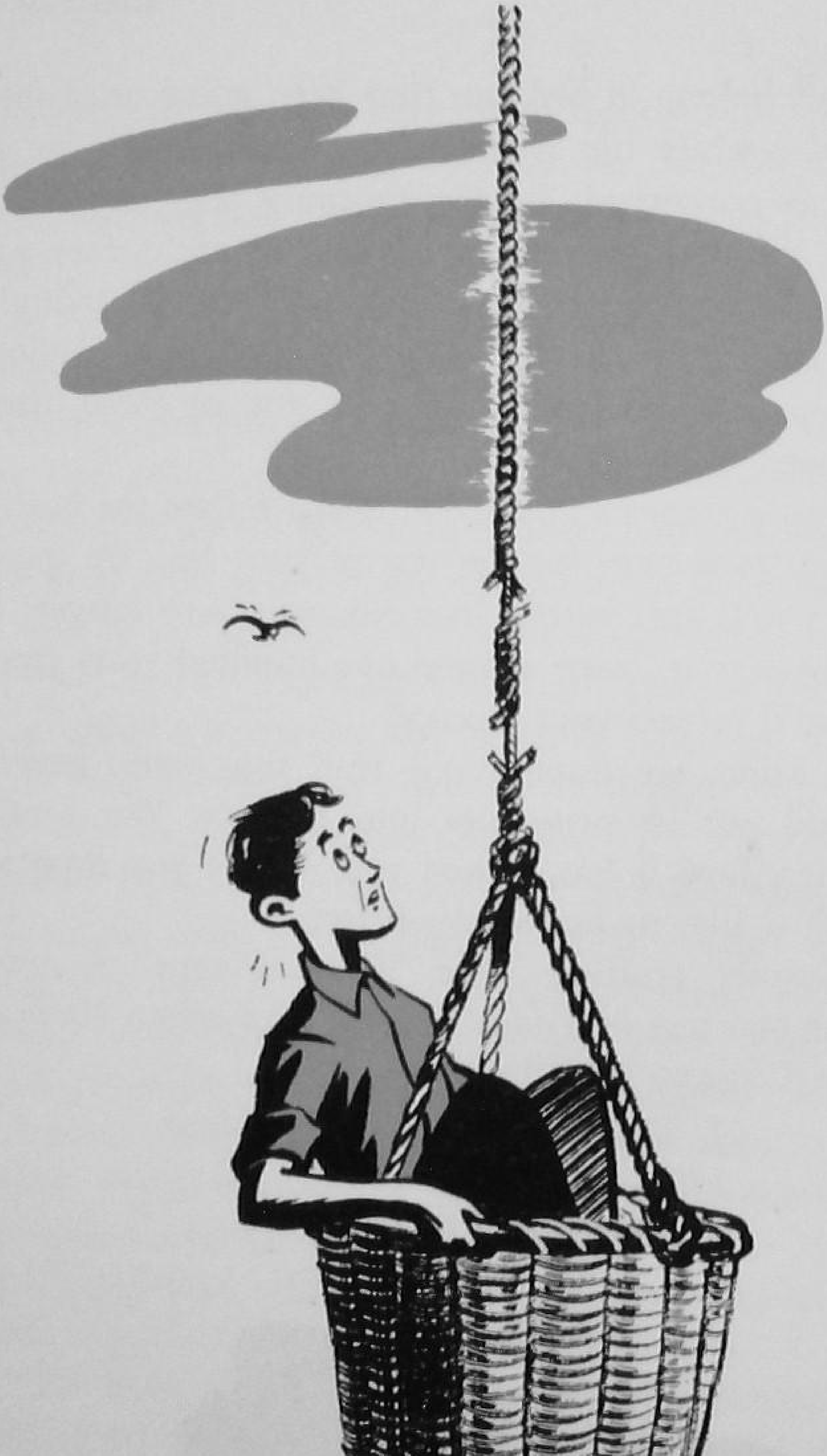




A Strong Health Rope

YOU may have seen this story before. It is about a Portuguese monastery on top of a three-hundred-foot cliff. The story tells how visitors to the monastery were strapped in a big wicker basket at the bottom of the cliff, then pulled by hand to the top with an old ragged rope. Naturally the journey was fearful, and as one visitor was about to step into the basket for the return trip to the bottom of the rocky valley he had a thought.

"How often," he asked a monk, "do you get a new rope?"

"Whenever the old one breaks," the monk replied.

You may think the monks had a pretty risky policy. Well, it was risky, and it is dangerous for anyone to skid through life on a threadbare health rope. Too many of us are accepting ill-health or average health or fair health when we should be having robust, tightly woven health, and should be pulling our load through life with a new rope, not a threadbare one. We are selling ourselves short!

If you are among the thousands seeking a better way of life, may we suggest a new health rope? For we are living in an age when a piece of equipment doesn't have to be at the breakdown point to be dangerously obsolete or old-fashioned. A man about to have a nervous breakdown is dangerous not only to himself but also to others.

So don't skid along, frittering away your reserves, but conserve your energies.

Practice the sound health habits, such as eating a good breakfast, getting outdoor exercise daily, having eight hours of sound sleep each night, and taking moments off during the day for quiet relaxation and meditation. These will strengthen any health rope and make your journey down the cliff of life a whole lot safer, a whole lot longer.

Our human body is much more complicated, delicate, and valuable than any machinery. Therefore we should always be alert against anything that might be destroying our body or health or reducing our mental efficiency. Let us not neglect any warning that tells us our health is not up to par.

See your doctor; let him check the strength of your health rope today.

New Health for the Future

SOONER or later all of us face a reckoning day. We are forced to check our health habits in an effort to determine our present and future health prospects. How do we rate our physical vigor? Are we peppy and energetic, confident and ready for the future, whatever it holds?

Or will dissipation find us recovering from the "night before," feeling tired, dragged out, and woebegone? Will this self-analysis, like any before it, find us catching colds, sniffing for days with sinusitis or barking with a chronic cough? Will the aches and pains of our joints be growing a little worse? Or will we be just plain old—tired all the time?

Sit down in a quiet corner and analyze your living pattern. Take yourself apart, see where you have been cutting corners on your health, and discover where you can improve. Ask yourself:

Diet—Have I been eating an adequate diet? Do I skip breakfast or eat a skimpy one?

Exercise—Have I been neglecting my outdoor exercise? Do I walk a mile a day?

Sleep—Have I been getting enough sleep?

Excesses—How about my indiscretions? Am I eating too much, smoking, drinking? Am I using stimulants, such as coffee, tea, or drugs, which make me nervous and jittery? These may keep me going, but what are they doing to my nervous system?

Fun—Am I passing up the real fun in life while chaining myself to the daily grind?

Time—Do I take time to look up and look out at the world objectively? Or am I always bound down to the work load of the day, seldom finding time to really enjoy life?

Family—Am I neglecting my family life for the office or work? Do I take time out to play with the children enough, and see to it that they feel happy and secure? How long has it been since I took one of the kiddies on my lap and read him a story, quietly relaxing myself as I did it?

Home—Am I letting outside interests crucify conversation and happy home gatherings?

These are simple questions for you to ponder as you sit there in a quiet den or at the kitchen table. Other thoughts will come to your mind that fit your own situation. You know, we Americans are on the go so much that we don't take time to sit down and ask ourselves: Just where am I going? Am I really in that big a rush to go to the grave? Certainly the pell-mell pace we live today is shortening life and hastening us into the hands of the undertaker.

If you'd like to face the future with new health, then here are a few tips. If practiced, they will make you feel fit.

1. Eat Well—Begin the day with a bountiful breakfast, not just a sweet roll and a hot drink. And three squares a day, not haphazard eating habits, will make you ready healthwise for what life may bring you.

2. Keep a Wet Whistle—Drink eight to ten glasses of water daily. If a virus is around, keep well hydrated by drinking plenty of water. If you have the bug, drown him out with fluids aplenty.

3. Air-condition Yourself—Breathe deeply, and flush out your lungs. Sleep with windows open, though avoid back-piercing drafts. Don't work in close rooms, where you must rebreathe secondhand air. Oxygen, like water, is one of life's indispensables, and if you'd feel alert—breathe deeply.

4. Keep Limber—Remember, limber legs last longer. A walk of a mile a day will take a few minutes' extra time, but it will add not minutes but years to your life.

5. Pound a Pillow—Rest and relaxation are rejuvenators. During sleep the body repairs itself, reverses its chemical processes, and builds you up by recharging the battery of nervous energy. For a sparkle in your eye and a spring in your step of a morning—eight hours of sound sleep are a must.

6. Stand Tall—To feel confident, a straight, erect posture does more than anything else—it makes for inner security. Look at the chap who stands tall, and you see the figure of success. When you straighten up from a slump, you take the squeeze off abdominal organs. Avoid over-fatigue, the commonest cause of poor posture.

7. Take Time—Don't let hurry and worry make you a civilized suicide case. Take time to live, and remember, it takes time to be healthy. Time to eat, time to sleep, time to exercise, time to relax, time to enjoy yourself with your family and friends, time for a hobby, and time for your meditation with God.

Yes, take time out for yourself, your family, and your God, and you'll actually add efficiency to your day.

8. Be a Moderate Modern—Avoid excesses of overeating and overfatigue. Delete tea, coffee, drugs, tobacco, and liquor from your daily program, and you'll feel much better.

9. Balance Your Life—Work, play, love, and worship—these are the four spokes in the well-balanced wheel of life. Make sure you are balancing these factors every day.

10. Visit Your Doctor—Take time for a visit to your dentist for a midyear mouth checkup, and visit your physician for a complete physical examination at least once a year. A good idea is to call your doctor for an appointment on your birthday each year. Once you have the birthday physical examination habit, he will catch minor ills while they are still small and easily corrected.

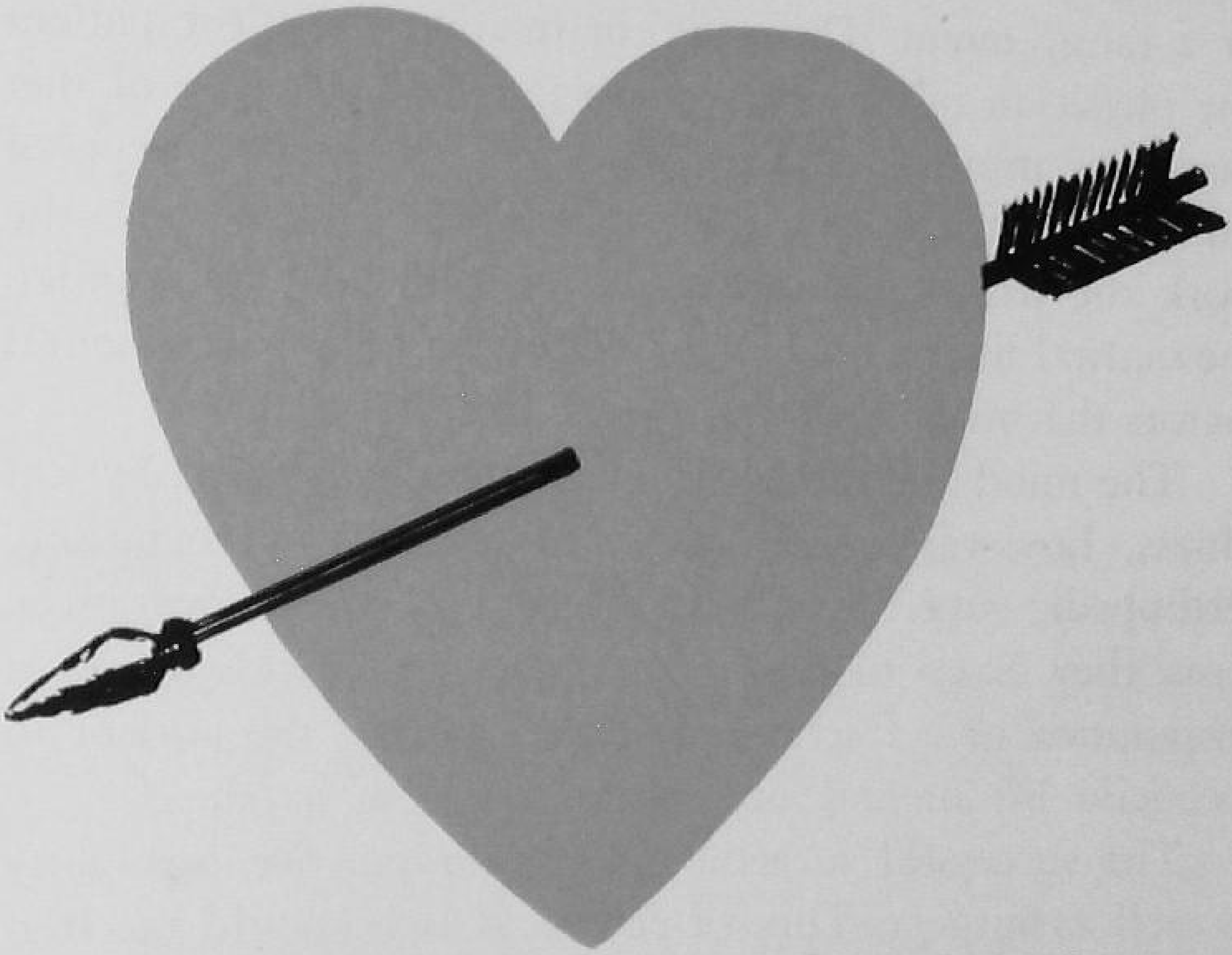
These ten tips, put into practice, will give you new health through the year.

Psychosomatic Medicine

WITH so much talk these days about psychosomatic medicine, perhaps a bird's-eye scanning of this so-called new approach to medicine would be in order.

Psychosomatic medicine derives its name from the Greek, *psyche,* meaning "mind" or "spirit" or "soul" but actually including all of them, and *soma,* "body." The interlocking relationship that exists between the mind and the body is the broad base upon which this new science is founded.

Modern physicians, like the old country doctor, have come to treat physical disease in the light of a patient's emotional background. Formerly this constituted the art of medicine. The family physician practiced it unconsciously. He knew the patient, his family, his background, and his way of life. This knowledge gave him a full picture of the patient as an individual, and not as just a case. He realized that seventeen-year-old Mary's palpitation of the



heart could as likely be caused by a sudden loss of Johnny Jones's attention as from rheumatic heart disease. His reassurance of Mary's mother and an understanding talk with Mary were enough to quiet the fluttering "heartsick" girl. The doctor's bedside manner then, as now, played a major role.

Psychosomatic medicine has contributed much toward a better understanding of the so-called functional illnesses, those bodily diseases and symptoms produced by distraught or overactive minds. Peptic ulcer is an outstanding example of a psychosomatic disease. It occurs most commonly among high-tension executives and workers who take life too seriously. Doctors find that a jangled mental state is

more often the cause of a peptic ulcer than a jaded appetite or a tangy menu. Therefore, in treating the ulcer patient the physician takes into account not only the type of diet that goes into the patient's stomach but also the type of thinking that goes into the patient's brain. He surveys the work the patient does, the kind of boss he works under, the marital life he comes home to, and other environmental factors that make up the patient's life.

The mind and the body are inseparable. Every physical illness, however minor, produces mental reverberations. Orthopedic surgeons tell us that one of the major problems they have to face is not the pain incident to an amputation or a fracture but rather getting the patient to reconcile his mental outlook to his new handicap.

The successful surgeon today must practice psychiatry as well as surgery. This, of course, is as it should be. It is high time to cease dividing the human body into airtight compartments—the nervous system, the genitourinary system, the intestinal tract. The close relationship between a man's mind and his stomach, as illustrated by the peptic ulcer patient, should be proof enough that human beings must be treated as individuals. The doctor should be ready to dispense comfort to the mind as well as to the body.

The precaution we must take in order to avoid psychosomatic illness is to keep our minds at ease, our bodies in tiptop tone, and our souls at peace. The prevention, similar to the cure, may be summed up in the happy, worry-free life. "Keep happy, and stay healthy" is scientifically sound advice for everyone.

Today's Tyrants

CANCER, heart disease, and accidents are the "big three" on the list of killers but, says Dr. Richard B. Hoffmann, a New York physician and psychiatrist of forty years' practice, the three real killers are found in every home and office. Each year this modern trio topples 800,000 persons into early graves, he estimates. The three villains are:

The calendar—because it is ever prodding us in the back, reminding us of "payments due" and deadlines. It produces tension and anxiety. It hangs in nearly every office and kitchen, exemplifying the "tyranny of apprehension." It tells us we must worry about the future—or else.

The telephone—because much of today's business must be transacted by telephone—is considered indispensable. Yet it can jangle the most steady nerves. Repeated states of tension induced by the "tyranny of interruption" may cause high blood pressure, heart disease, stomach ulcers, gallstones, and kidney stones. And who is the genius who

can recapture a thought shattered and dashed into bits by a telephone call? More brain power is lost by telephone interruptions than can be reclaimed by millions of hours of creative thinking.

Although it is said that only a mother and a doctor know what interruptions are, more and more Americans

are learning that they must stop and listen, come the jangle of the telephone. And like gasoline wasted at boulevard stops, nervous energy, brain power, and physical strength are lost to the telephone tyrant.

The clock—robber of sleep, and "tyrant of appointment"—incites us to hurry and worry. We gulp our breakfast with one eye on it, another on our coat and the open front door. We keep an eagle eye peeled for the clock as if it were our master. And the alarm clock, which startles us into consciousness each morning, Dr. Hoffmann says, is the worst despot of all. "Bodies and minds to be freed of yesterday's debris, must go to bed earlier and let Mother Nature be the timekeeper."

Those are the three lethal weapons that modern Americans use to commit civilized suicide. Each of us should learn to dominate the "timekeepers" rather than let them rule us. By rushing through life we snip it short, end up in our doctor's office far too early, collapse into a coffin much too soon.

How can you "rule" instead of "run"?

1. Go to Bed an Hour Earlier—This will give you a head start by replacing lost energy, and produce for you the extra snap and zip you need to do your work efficiently next day.

2. Rise a Half Hour Earlier—By giving yourself little "cushions of time" you can go through the day without that feeling of urgency and inner push—the tightness of stomach and muscle that comes with always being "behind schedule."

3. Eat a Good Breakfast—The energy you need for the day's work should be obtained at breakfast. If your stomach is comfortable, you'll feel better through the day.

4. Take a Nonchalant Attitude—Don't take things too seriously. Learn to lean back and let go. Relax and laugh a bit. If you can't do it today, do as our wise south-of-the-border neighbors do, and just say, "I'll do it *mañana.*"

"It's not only important to fight today,
But to live to fight another day."

Our southern friends don't suffer from competitive crackups—they seldom die of heart attacks and peptic ulcers.

5. Take God Along With You—He's the best helper and schedule regulator you can find. He'll see you through the tight spots. It is now well known by doctors and psychiatrists that a religious attitude toward life and a trust in divine power lead to a more relaxed mental outlook and better physical health.

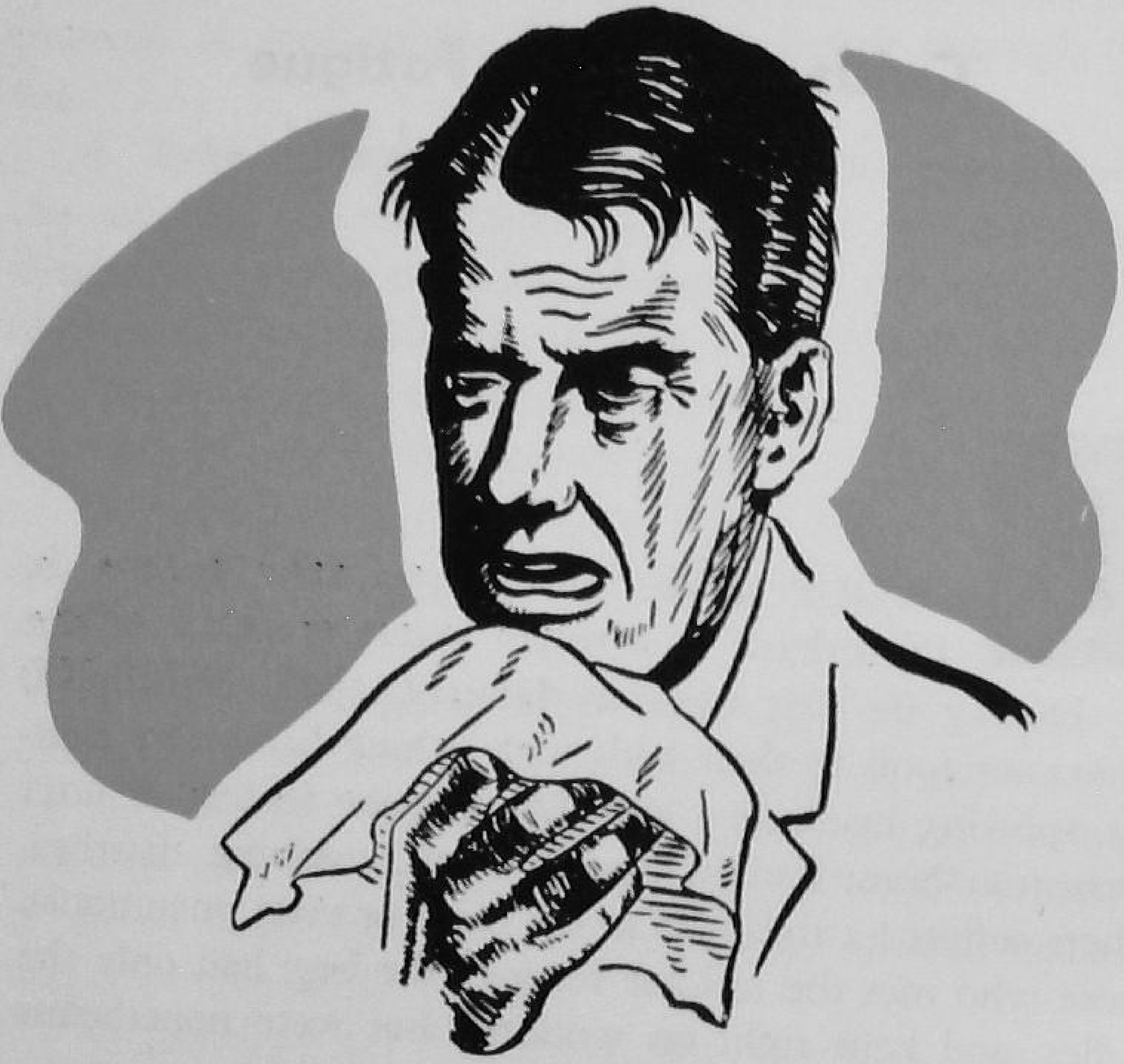
So don't you be a civilized suicide case. Take a few minutes off and regulate your daily program, so that you can enjoy it, not just endure it.

Colds, Flu, and Fatigue

FATIGUE means flu! If you don't believe it, think back to a recent severe epidemic of the flu: During the last week in January, 1953, 35,000,000 Americans took to their beds with aching backs and muscles, splitting headaches, and that all-gone feeling of utter exhaustion. Some had attacks of nausea, vomiting, diarrhea. Others suffered a tightness in the chest or even pneumonia. Those who met the mildest form of the bug had only the sniffles, and kept right on working, but were nonetheless miserable.

And the virus was no respecter of persons. Even President Eisenhower and his lady were unable to escape. Perhaps, as we shall explain, it was because they too were tired from all the celebration during Inauguration week here in Washington.

During that severe epidemic of the flu recently (reported to have been the worst in forty years here in Washington), doctors all over the land were scurrying from



home to home trying to relieve the miseries of their patients. Nearly everywhere you heard the remark, "This is the worst bug we've ever seen."

But for my own patients I had another story: "This is not the worst epidemic of the flu we've had. This is the greatest mass fatigue the country has seen in a long while."

If you will think back, I'm sure you'll agree with me.

The country had just come through a siege of celebration. First there was Christmas, with all the pre-Christmas shopping chores, long hours downtown, skipped luncheons, and late evening hours of gift wrapping. And once Christmas was over; there was a series of holiday parties and social events. Then New Year's Eve, and the late hours. More fatigue. Then came Inauguration week here in Washington, and far into the night TV screens across the land sparkled with the events of the day as the Presidential Ball finished off quite late. The President himself dropped exhausted into bed at 2 A.M., only to arise at 7 the next morning, eat a light breakfast, and move into the mountain of problems at his office.

In retrospect we can all see that we came through a fatiguing period of celebration. It was not just here in Washington, but across the country. Everyone's resistance was down a bit, and those who lost the most sleep, or worked the hardest, or neglected their meals the most were the flu victims.

The year's end and the new year's beginning is a time of extra work. Many stores have year-end inventories, which keep their employees working late. There is income tax just ahead, and all the efforts to be exerted for it. The few days after the deadline is another time when flu hits, after the fatigue of late hours working on tax returns.

In support of this view that fatigue causes flu, we cite a few facts.

The common cold, a virus similar to the flu, is known to strike when a person is tired and run down. Interestingly

enough, more colds start on Monday than on any other day of the week. The reason: too much weekend celebrating. Loss of sleep on Saturday night, heavy meals on Sunday, excessive Sunday activity.

Emotional upsets also favor colds, for they tend to fatigue the nervous system and leave us physically down at the heel.

On an average day in wintertime 20,000,000 Americans have a cold. All this costs the U.S. $2,000,000,000 annually. An average cold costs $25 in doctor bills and medicines, ranging from nose drops to smelly ointments to be rubbed on chests. Women have more colds than men, but it takes a man two days longer to get over one. A cold usually lasts 15 days. Men and chimpanzees are the only victims of a cold. Other animals are immune.

The ubiquity of the common cold is astounding. There is nothing so common as the common cold, for 94 per cent of Americans have at least one bout annually.

Oddly enough, cold doesn't cause colds. In the Arctic areas colds are as uncommon as refrigerators. However, temperature change, going from a hot office into the cold atmosphere, lowers the body's resistance to colds. Sleeping in overheated apartments, with the air dry and hot, tends to dry out the nasal membranes and favor colds.

The old wheeze, "A cold lasts seven days when treated but a week when left alone," may wrongly impress one with the mildness of a cold. Actually the common cold is frequently the prelude to more severe diseases, for example, sinusitis, tonsillitis, bronchitis, and pneumonia. And what

starts out to be a mild cold may become severe influenza if the patient carelessly exposes himself or neglects his bodily needs. So you will find few doctors saying that a cold should be left alone and neglected. They know the dangers.

But I must confess that another famous saying is quite true: "A cold wouldn't be so hard to bear were it not for the advice of friends."

Fatigue means flu! And if you would dodge colds and the flu during the cold days of winter, don't make a mistake and let yourself get too tired. Go to bed early every night. Get a full eight to nine hours' sleep. Don't overwork, but relax during the day. Eat three squares. Don't get emotionally embroiled. And you'll be doing much to beat fatigue and its aftermath—the flu! Good luck and *good health* to you and your family.

The Fluttering Heart

'TIS SAID that "the Vice-President of the United States is but a heartbeat from the White House." That being true, everyone should appreciate the importance of the human heart—especially his own heart. Sadly enough, today there are two types of persons: (1) those who think they have an iron heart, (2) the heart worriers.

The stalwarts with hearts of cast iron, who can take it no matter what the load, are hard-hitting business executives who take too few vacations; or the housewives or mothers who never have time for sleep; or the many tense, nervous, ambitious, and climbing young successfuls who have bitten off more than they can chew by the time they reach their early forties.

Too many of these persons are the salt of the earth, the finest people in the world, who are always busy doing things for others, working hard, playing hard, sleeping little. But many of them will be listed among those whose

hearts have stopped beating this year owing to diseases of the heart and blood vessels.

As friends and relatives pass tearfully by the biers of these victims of heart disease, they will ask, "How could it happen to Joe?"

Well, here's how it happened:

A few years ago Joe noticed that his heart was fluttering a bit when he got overly tired. After being up late, pushing himself all day, or when under nervous tension at the office, Joe noted headaches and twinges of chest pain. Then he had little episodes of indigestion. He took bicarbonate of soda, which he hoped would relieve the indigestion, but he never took an afternoon off to visit his doctor to find out what was really wrong. He hadn't had a vacation in fifteen years, and prided himself on being able to turn out twice as much work as his colleagues.

One night Joe was seized with an agonizing pain in his chest, as if his heart were squeezed in a vise. He slumped at his desk. After he was rushed to the hospital, where a coronary heart attack was the diagnosis, his heart stopped. He ceased to be Joe, and became another "iron man," who thought it couldn't happen to him—but it did! He is just another heart statistic.

The chap across the hall from Joe's office was the other type of sufferer from a fluttering heart. He was one of the 15,000,000 Americans who today suffer from imaginary heart trouble. Their hearts are sound, but at the slightest irregularity, whether skipped beat, flutter, or flop, they scurry to their doctor. They know their number is up.

If you are a heart worrier, take heart. The odds are three to one that you don't have heart trouble. But if you are subject to a fluttering heart, rapid heart, skipped beats, or any other irregularity, let your doctor give you the assurance you need. Don't feel that you are doomed to be a heart invalid. Decide to do something about your heart, and team up with your doctor to put it in tiptop shape.

If you have a fluttering heart, here's what you should do:

1. Consult Your Doctor—Let your physician decide, after a careful study of your case and listening to your heart, whether you have real or just imaginary heart trouble. Place your full confidence in him, for only then can you have the peace you seek. Follow his advice to the letter.

2. Relax—Your heart is a muscle, needing rest and relaxation as much as your tired back muscles. Set aside periods of the day for relaxation and for catching your second wind. A race horse that runs at top speed without being turned out to pasture occasionally isn't good for many races. Turn yourself out to pasture for a few moments each day.

3. Take a Load Off Your Feet and you take a load off your heart. Mild exercise daily is important, but learning to be lazy is also important. When you prop your feet on a footstool and let your cares float away, you are giving your heart a real tonic.

4. Avoid Fatigue—Excessive fatigue, which builds up waste products in the blood stream, can make your heart irritable and produce a heart flutter. It is perhaps the com-

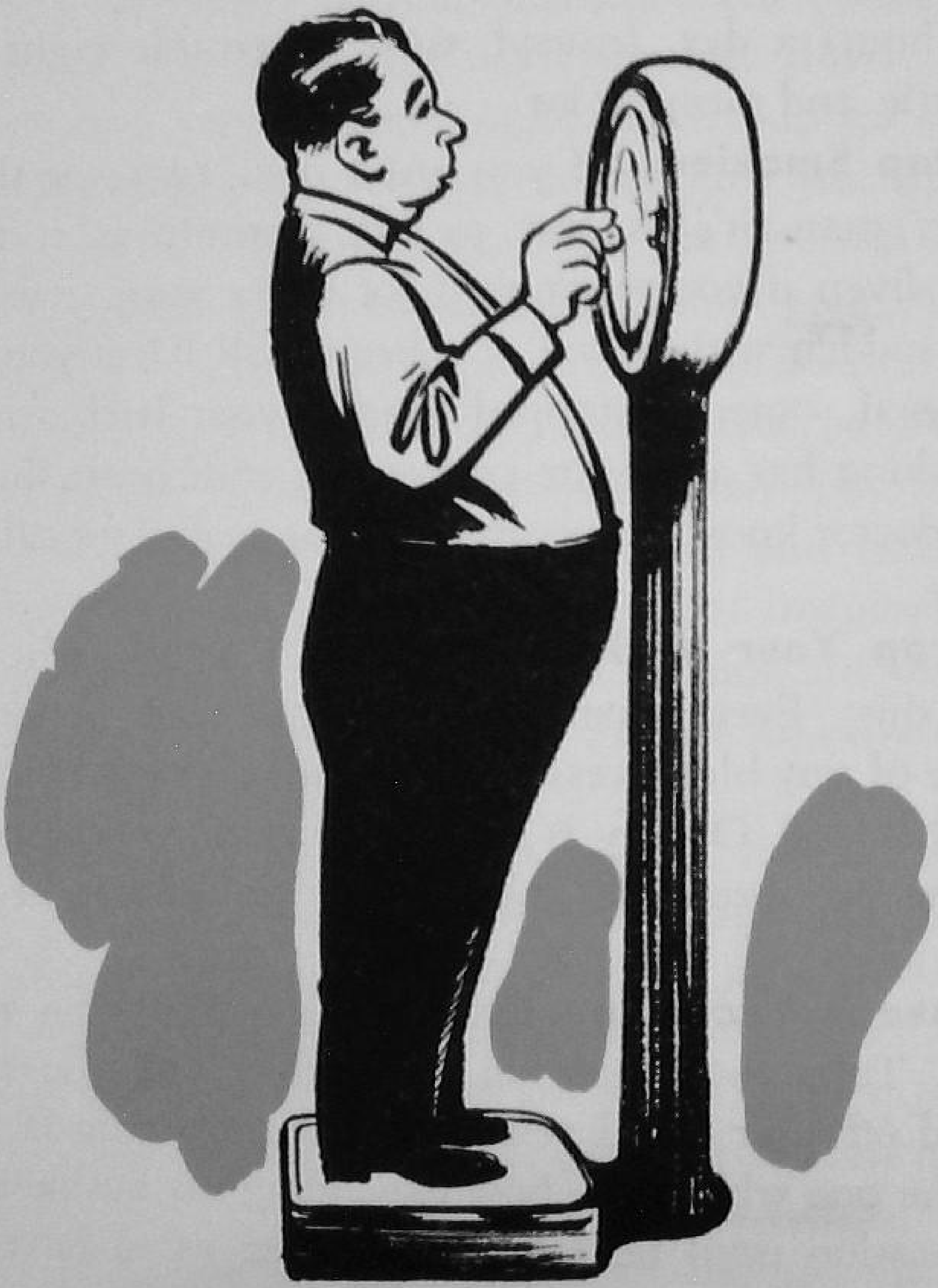
monest cause of fluttering heart. Quit beating yourself fourteen hours a day. Instead, work a sensible eight and play a little and sleep a lot.

5. Stop Smoking—If you are a one-, two-, or three-pack-a-day man, it's as easy to stop entirely as it is to taper off. Even if you've smoked for thirty years, it is not true that sudden withdrawal of tobacco will harm you any more than if someone stopped beating your back with a lash. Smoking has a definite connection with heart flutter. As every doctor knows, excessive smoking makes for cardiac irritability.

6. Drop Your Weight—If you are overweight, remember this: Every pound of fat represents about an extra mile of tiny blood vessels, and your heart must supply them with blood. Obesity is one of the common causes of high blood pressure and hardening of the arteries of the heart.

7. Take a Vacation—Hearts need a little fun now and then. Take your heart on a vacation, and you take a big load off your blood vessels. The heart victim is frequently the one who is too busy expanding his business to take a vacation until he is so unfortunate as to have to take a permanent one.

8. Dodge Tension—To avoid hurry, worry, and emotional crises is to lengthen the life of your heart. Don't let the boss get you down. Keep your wife happy. Why let a competitor nettle you? Let him have the heart trouble, not you! The chap who keeps calm and collected does much to keep strain off his heart.



9. Keep Happy—Not only do smiles smooth the road of life for you and others, but they actually open up heart blood vessels. It's pretty hard to feel angry at a fellow who gives you a big, heart-warming smile. During tense times smile, and you help soothe a fluttering heart.

10. Have Faith in God—Whether yours is real or imaginary heart trouble, God, the Great Physician, who sees the end from the beginning, knows best. Rest your case in His hands, and He will see you through. He will give you peace and comfort when they are needed most. At the dead hour of midnight, if your heart flutters and faints, breathe a prayer, and note the quieting effect. The fast flutter, the cold beads of perspiration, the chill skin, will subside. God will give you the reassurance you need. He will quiet your heart's pounding, and give you the warmth and love you need to know that all is right. Your doctor may be minutes away, but God is always immediately available to quiet the fastest heart flutter.

Speed, Spice, and Scotch—
Sins Against the Stomach

"WHAT is the commonest American disease?" a stomach specialist was asked while eating in a fashionable restaurant.

"The disease without a diagnosis," was his startling reply. "You won't find it in textbooks or written on hospital charts. However, it is a disease from which probably half the American population is now suffering. We have patients right here in the restaurant."

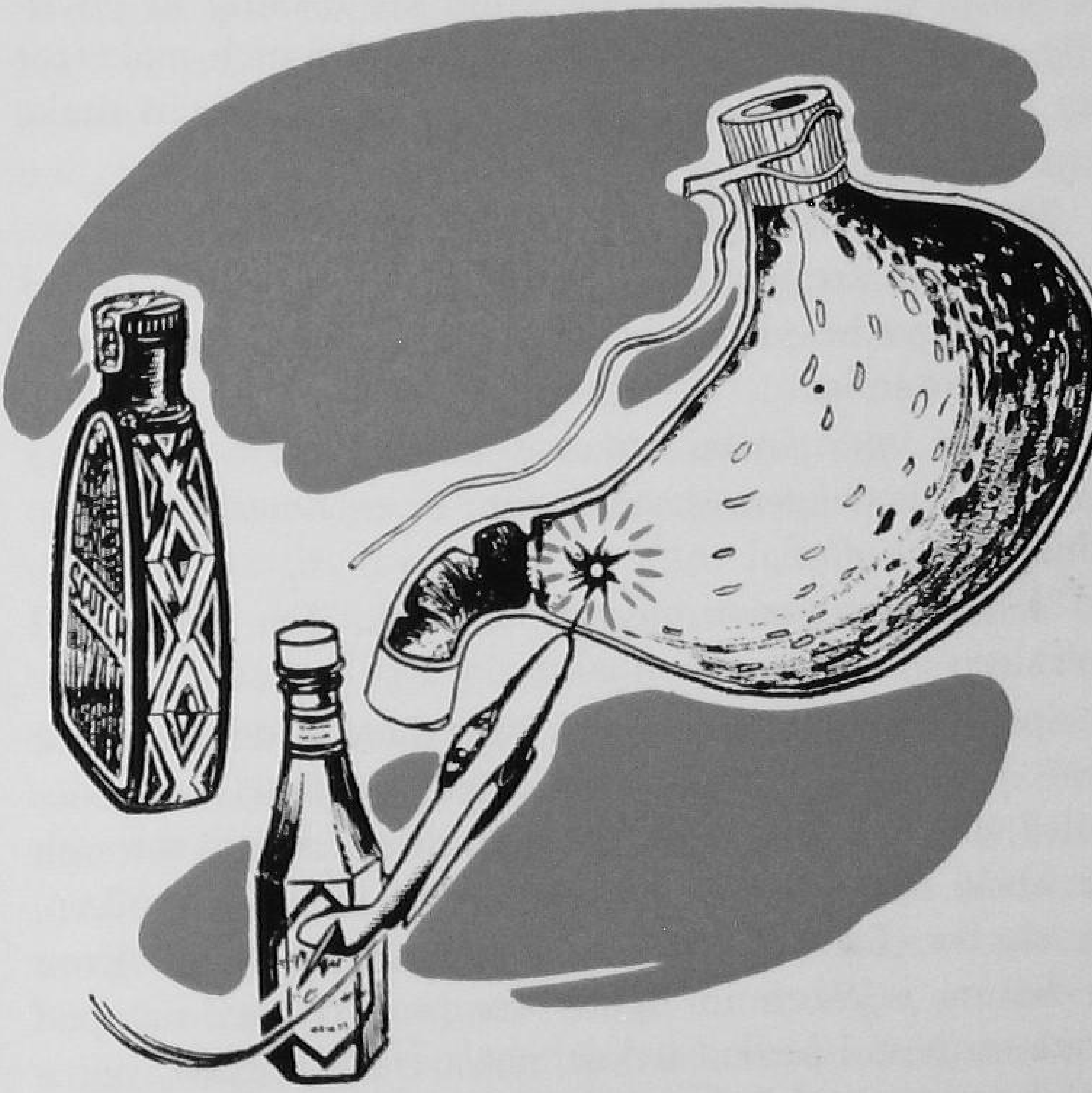
He nodded toward the bar, where several guests were sipping too many appetizers.

"That's one variety," he said.

He discreetly glanced at an adjoining table.

A red-faced, round, little man was beating a catsup bottle unmercifully. His face grew more crimson with each smack of his fat fist. He was steaming to the point of violence. He muttered something about a train, and "this ——— bottle."

"There you have the ingredients which go into the all-



American disease," he said. "Speed, spice, and Scotch are sins against the stomach that too many of us are guilty of committing."

"But exactly what is the disease?" he was asked.

The doctor wiped his lips with a napkin and picked up a spoon.

"Faulty habits," he said, rapping his spoon sharply against the table. "Poor habits of living are undermining

the health of America. These habits are making us physically and morally weak. Speed, spice, and Scotch make for sour stomachs and sleeplessness. And sour stomachs make nasty dispositions."

The doctor was right, of course.

All three are highly explosive, especially when mixed within a closed cavity such as a nervous stomach. In short, they are dynamite.

After a busy person has used his stomach as a mixing bowl for this dangerous concoction, he eventually ends up in his doctor's office.

"I have indigestion, doctor," he says. "I'm nervous; I can't sleep."

Speed, speed, speed! We must get there faster, and back home quicker. Speed—supersonic, jet-propelled, radar-controlled speed! We are beginning to move so fast through our world that we grow dizzy. But we must be modern, fast, electric. Everything must be done better, faster. Even our leisure is taken in tightly compressed, well-mapped vacations. Not a second is lost, not a friend missed, not a car left on the road in front of us.

We have lost the fine art of doing nothing, and have substituted the vicious habit of always doing something. Like squirrels on a treadmill, we must keep everlastingly, fiercely pursuing something to do, going some place, seeing somebody. Many homes could be built without a living room, for all the time we spend relaxing there. Our living rooms are empty rooms on too many evenings. We eat out, come home late, get up early—ever on the go.

Even our vocabulary sparks and crackles under the high voltage we transmit. We pride ourselves on staccato brevity—sophisticated slang. Punchy, rapid-fire speech, like telegraphic code, is our aim—not a word wasted. Our verbs reveal inner compulsions of speed. We "snatch" a snack, or "dash off" a letter, or "catch" a bus. Speech is becoming so crisp and blunt that a courteous person who pauses long enough to say, "Good morning, Mr. Jones; how are the wife and children?" is almost considered nosy.

Speed is savage. It has produced more peptic ulcers and spastic stomachs than Ford has cars. It is a cannibal that eats at our vitals, not the least important of which is our tender stomach. Tight schedules make tight stomachs. Stock complaint to doctors today is, "My stomach rolls up into a knot; I have heartburn after meals." Hurry and worry are recognized as the prime causes of these complaints.

The stomach is the mirror of the mind. A mind distraught by pressure, worries, and emotional turmoil puts the brakes on internal organs, while it takes the day off for worry. An excessively irritable brain sends impulses to the stomach, causing hyperacidity, spasm, heartburn, and pain. This does not make for decent digestion.

Spices are definitely taboo for nervous stomachs. Stomach specialists are agreed that highly seasoned, spicy foods, such as catsup, mustard, pickles, pepper, and other spices, have no place in the dietary regime of a patient suffering from nervous indigestion. The reason is that spices are irritants. Stomachs need to be soothed, not sandpapered.

Those of us prone to nervous dyspepsia, which takes

in more than 50 per cent of the population, would be wise to avoid spices eternally. They irritate not only the nose, throat, tongue, and stomach but the intestines, kidneys, large bowel, and skin as well.

The greatest tragedy produced by spices is the murdering of the sense of taste. Taste buds are fragile and finicky. Strong spices numb them. An appreciation of finer, delicate flavors of natural foods may be quickly dulled. A luscious peach or savory vegetable dish may taste insipid to one who lavishly sprinkles spices. Do not let this happen to you. Guard your finer senses and the ability to enjoy delicious nuances of flavor in simple, natural foods.

The so-called tang of spices is proportional to the amount of irritation they produce in the mouth. They work by irritating tiny nerve endings in the tongue.

Sprinkle a "black cloud" of pepper on some sunny-side-up breakfast eggs. Then see how it works, where it goes, what it does. Some people relish the tangy nip, which is like a squadron of mosquitoes at work in their mouths. Actually, that is how pepper does its "nippy" job. It bites, or burns, little nerves that tell us soup is hot. Best and Taylor, deans of modern physiology, state that pepper has no taste; it is not perceived by the taste buds. Rather, pepper burns. It stimulates the same nerves that carry hot or cold. Of course, part of its nip comes from our noses. Too heavy a pepper spray makes us sneeze, and even sets our eyes to watering; and other spices act similarly. This is evidence that pepper is a strong irritant.

Now let us see what the folks downstairs think of eggs

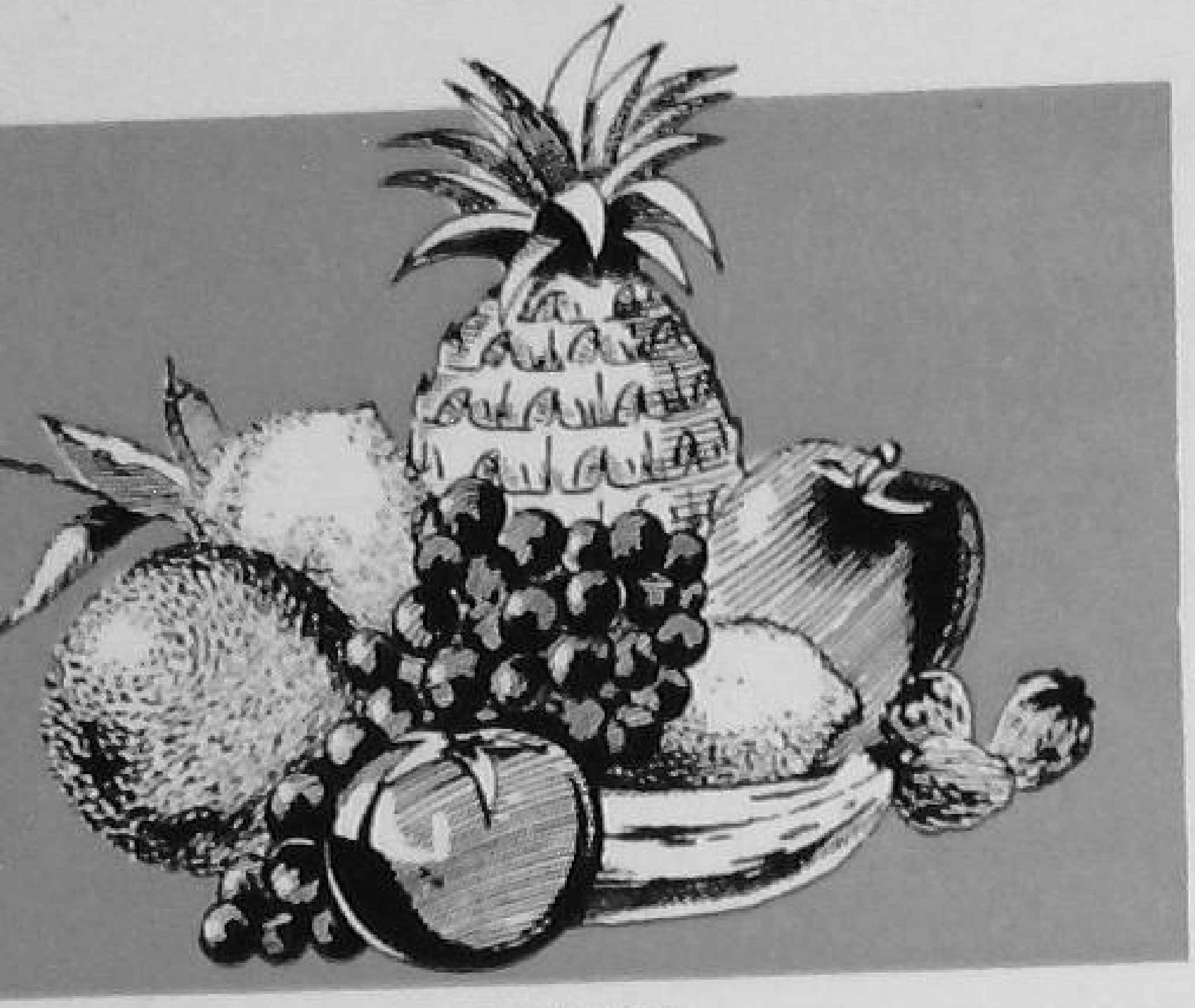
"swathed in black." The stomach is almost as delicate as the eye. Pepper accidentally sprinkled into the eye creates quite a commotion. Tears trickle; the eyeball becomes painful, red, and inflamed. The delicate mucous membrane of the stomach has thousands of tiny acid- and pepsin-producing glands. It reacts to irritants, just as the eye does. It waters and becomes red and inflamed. Acid and pepsin are poured out in overabundance to dilute the irritant. The unwelcome black cloak over breakfast eggs is hurriedly ushered out of the stomach. Vomiting may hurl it back at you, or it may be washed on with an avalanche of acid, mucus, and pepsin.

This extra amount of acid—hyperacidity—offers a real danger to a patient with stomach trouble. When a nervous, high-strung individual works under pressure, small blood vessels within the wall of the stomach constrict, shutting off a good circulation of blood to the stomach lining.

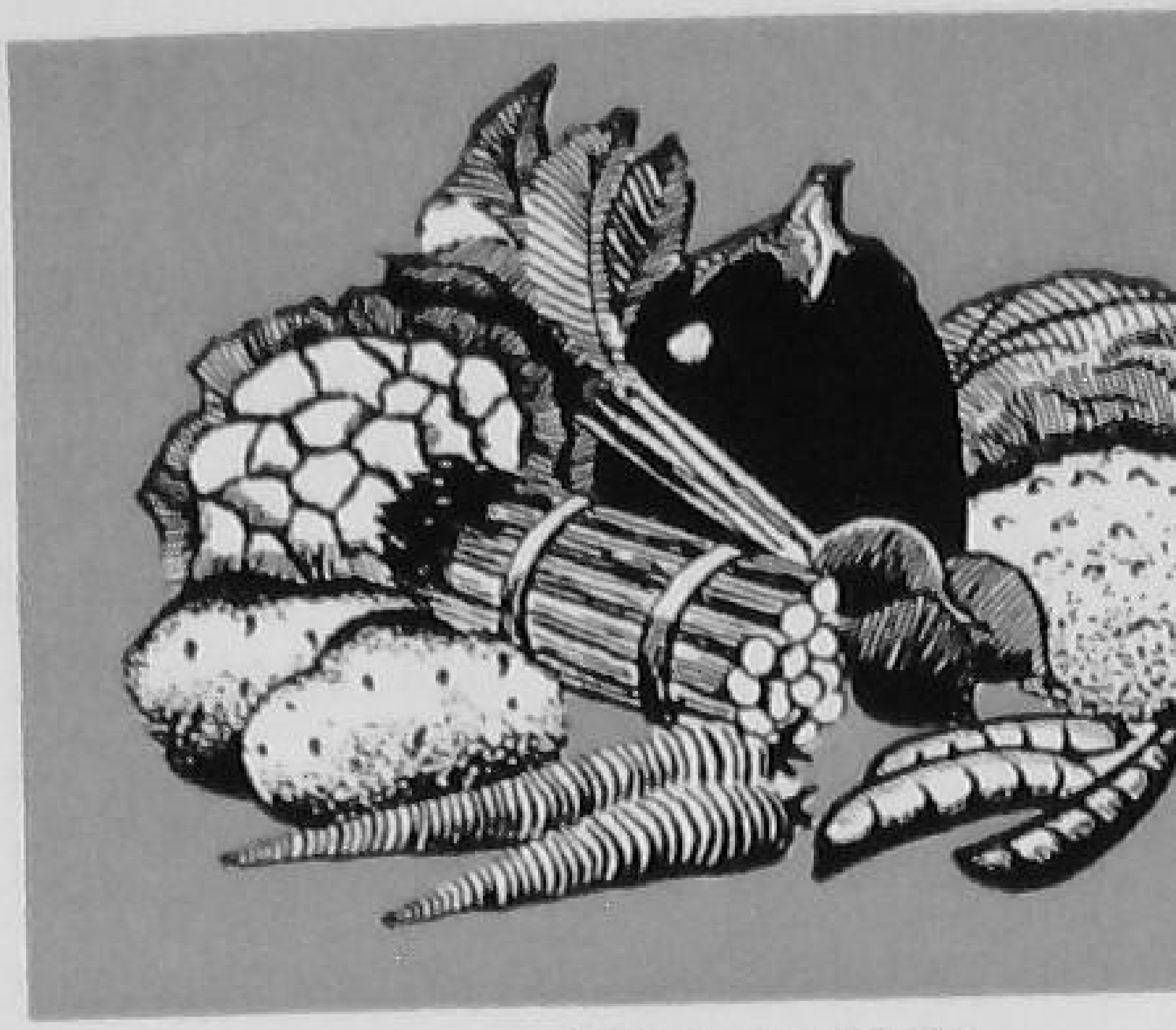
With the pepper pot brewing extra stomach acid, we have a perfect setup for peptic ulcer formation. The stomach lining is blanched and weakened by lack of blood; pepper, or any condiment, irritation brings excessive acid to gnaw at the weakened spot. Erosion and ulceration may follow. If your physician discourages condiments in the diet, be wise. Follow his advice religiously.

The intestinal tract is no more pleased to see this noxious intruder, pepper, than your stomach is. It becomes highly incensed. Normally, foods are digested to liquid form, then absorbed into the blood stream via fingerlike intestinal projections called villi. But pepper and other

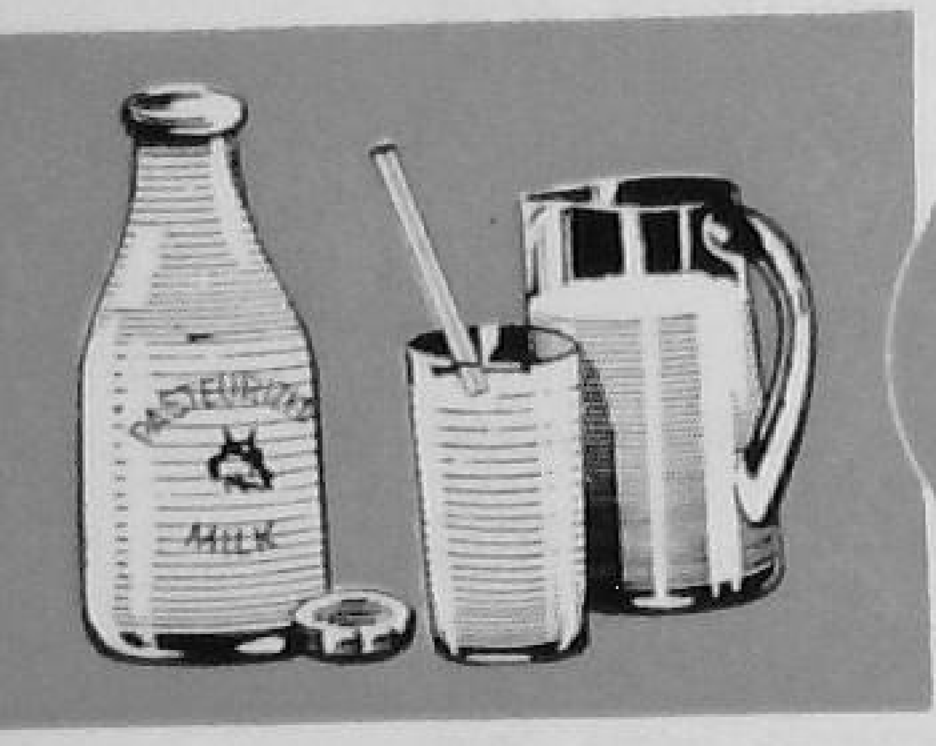
OUR DAILY FOOD NEEDS



FRUITS
2 or more servings (1 fresh)
Citrus fruits or tomatoes often

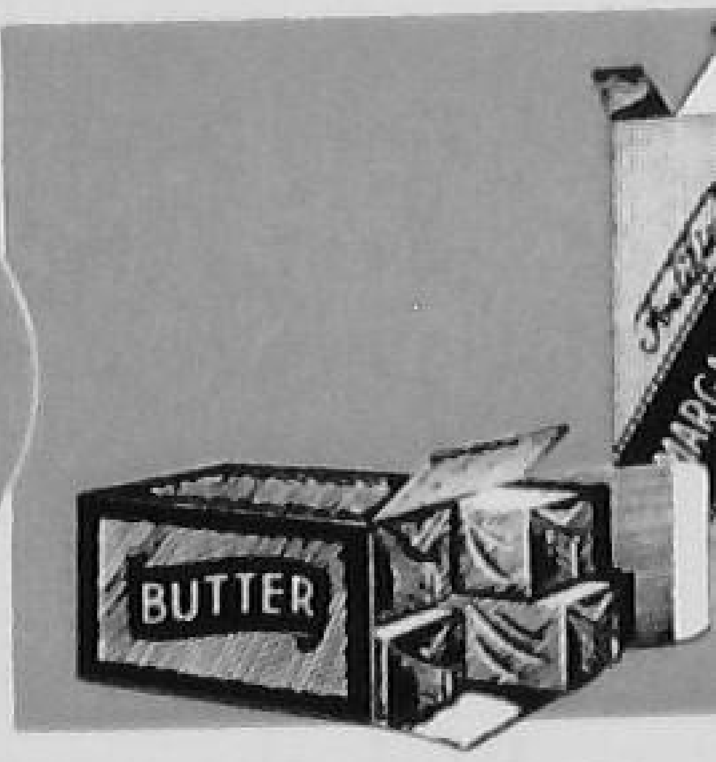


VEGETABLES
2 or more besides potatoes
Leafy vegetables often (1 green or ye

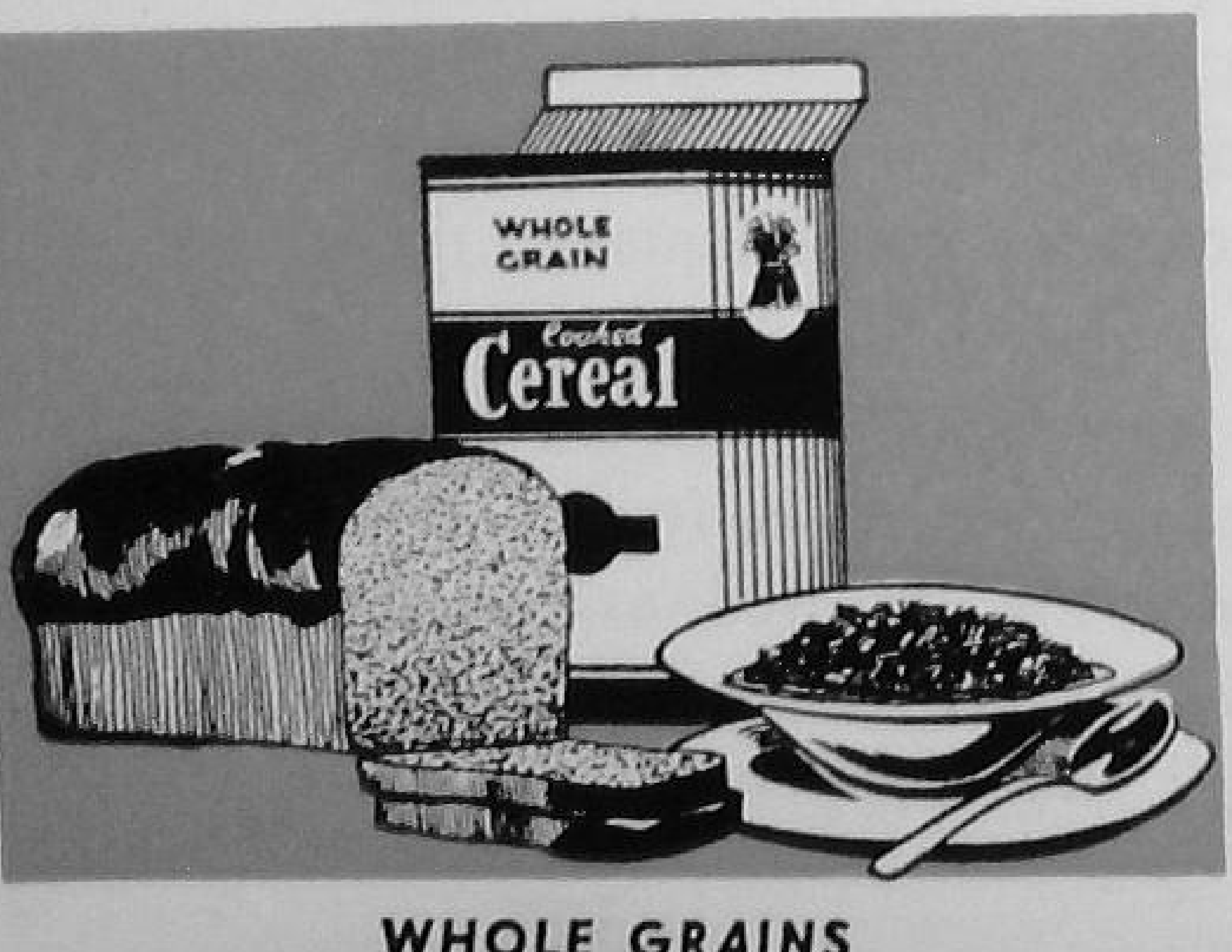


MILK
2 or more glasses for adults
4 or more glasses for children

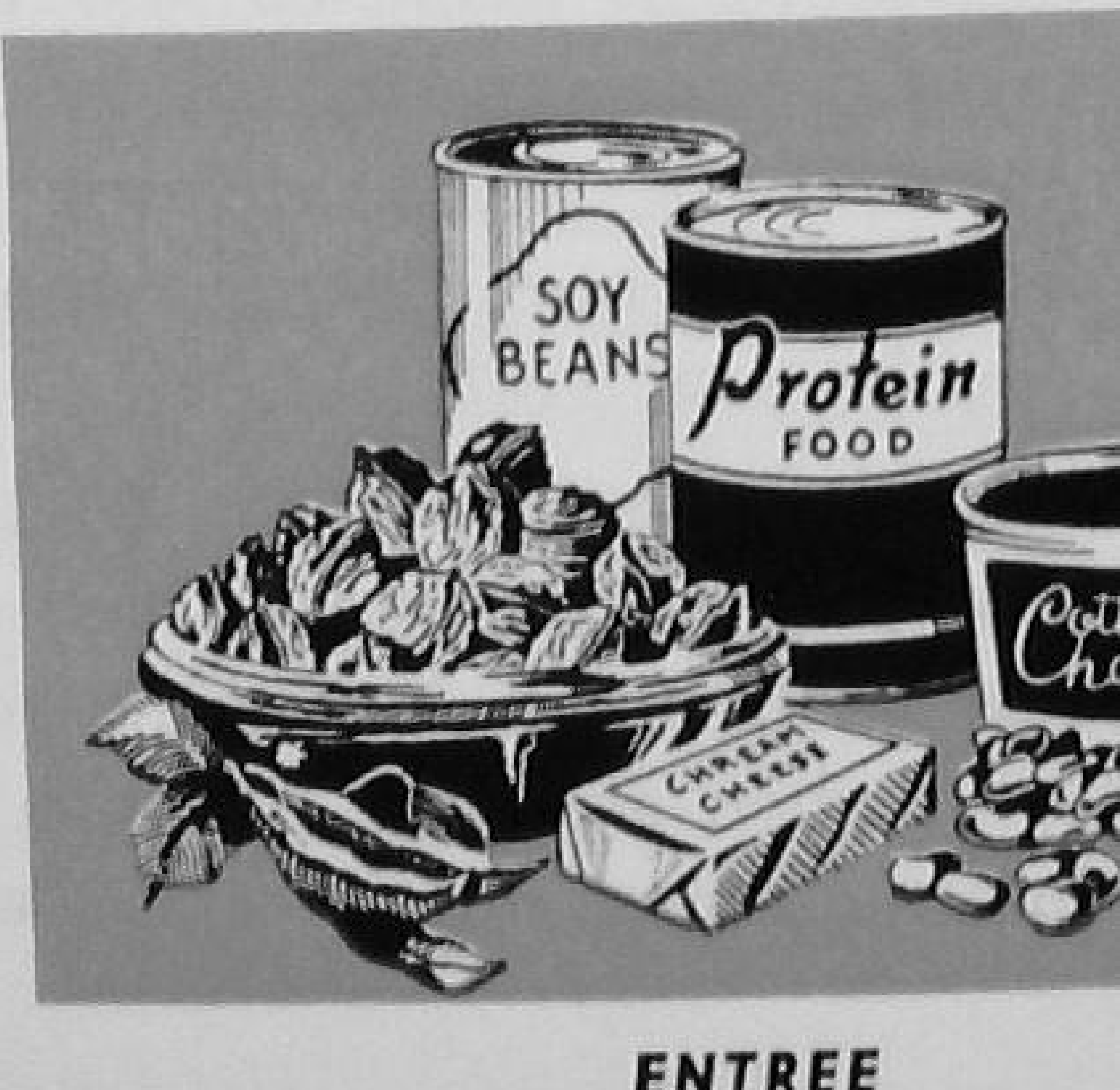
EGGS
3 to 5 weekly



BUTTER (OR MARGARI
2 or more tablespoo



WHOLE GRAINS
2 or more servings
Bread, cooked or prepared cereal



ENTREE
1 or more servings

Plan for these foods first. Select from these and other good foods extra amour you require to complete growth and activity needs. For growing children additional vitamin D is important daily in such form as cod-liver oil.

FOUR ESSENTIAL MINERALS

Rx J. Wayne McFarland, M.D.

There are 17 or more mineral elements in the body, 13 are essential. If you eat adequate amounts of calcium, phosphorus, iron, and iodine each day in your food, it is likely that you will not be lacking in the other mineral elements.

	Calcium	Phosphorus	Iron	Iodine
Amount in Body	1.5% of body weight. 99% of this in bones. (About 2¼ pounds in average man.)	Calcium and phosphorus comprise 95% of minerals found in bones.	Iron in the body is less than the weight of a penny.	Only 1/100 as much iodine as iron in the body—less than a grain of wheat.
Uses in Body	Contributes to formation of strong bones and teeth. Helps to clot blood, regulate heartbeat, maintain mineral balance in all body tissues.	Helps bones and teeth. Found in nucleus of each cell. Assists body cells to absorb food and get rid of wastes. Abundant in nerve tissue. Found in muscle tissue and blood. Essential for glands.	Iron in all body cells. Mostly in hemoglobin of red blood cells. Helps transport oxygen to body cells. Insufficiency causes anemia.	Essential to thyroid gland in making a hormone which regulates the rate food is burned in the body. Deficiency of iodine causes simple goiter, an enlargement of thyroid gland.
Daily Needs	Calcium is measured in grams. CHILDREN 1.0 to 1.6 gm. ADULTS 0.8 gm. PREGNANCY 1.5 to 2 gm.	Phosphorus is measured in grams. CHILDREN 1.0 to 1.6 gm. ADULTS 0.88 to 1.5 gm. PREGNANCY 1.5 to 2 gm.	Iron is measured in milligrams. Head of common pin weighs about one milligram. CHILDREN 8-12 mg. ADULTS 12 mg. PREGNANCY 15-18 mg.	Iodine is measured in milligrams. Estimated .05 to 0.1 milligrams per day.
Good Sources	Milk and milk products Green leafy vegetables: Turnip greens Mustard greens Collards Kale Molasses Almonds Soybeans, dried Figs, dried Beans, dried	Soybeans Egg yoke Beans, dried Almonds Peas, dried Peanuts Oatmeal Lentils	Beans, dried Egg yolk Dried Apricots Dried Peaches Dried Prunes Molasses Peas—dried, split Whole-grain cereals, breads: Oatmeal Entire grain cereal Green leafy vegetables: Chard, kale, turnip tops	Iodized salt Sea foods Green leafy vegetables grown near seashore, or in soil not depleted of iodine content. Note.—Knowledge is lacking of exact amounts of iodine in many foods, owing to difficulty of measuring such minute quantities.

condiments are not true foods; therefore, the blood stream wants no part of them. The little villi gladly accept breakfast eggs, but balk at taking in the "black villain" as a fellow traveler. Because pepper inflames and produces congestion in the villi, some of this "hot stuff" sneaks through.

The blood stream hastens to rid itself of the pepper by shunting it to the kidneys or to the sweat glands.

Delicately thin kidney capsules filter blood to form urine. These capsules, or glomeruli, may be so excited over this insulting blood passenger that they open up small chinks in the kidney lining to give rapid exit to the pepper. In so doing precious blood elements may leak through these openings. Albumin and even red blood cells have been known to pass through the kidneys of persons who are highly sensitive to irritating condiments.

The sensitive person may suffer a skin rash, hives, and itching. Some of the pepper seeks escape via sweat glands.

Farther downstairs the large bowel finally receives the residue of eggs and pepper. The intense irritation caused here produces spasm. A spastic bowel is a stubborn bowel—the balky bowel showing itself in a form of constipation. Persons not accustomed to highly seasoned foods often suffer constipation after overindulging in the prize dishes of a Spanish kitchen.

Scotch or other alcoholic beverages have an effect on the stomach and intestines similar to spices—only worse. Remember how a little cut painted with tincture of iodine smarted and stung? That was alcohol biting cut nerve

endings in the skin. It has the same ability to bite taste buds, erode stomachs, irritate kidneys, and fog brains. It benumbs taste buds even more than spices. Unscrupulous restaurants are aware of this. If they can divert the customer to the bar long enough, he does not know, and cares much less, whether their food is any good. To really enjoy your food, don't dull your sense of taste with spice or Scotch.

Yes, the doctor was right. Speed, spice, and Scotch stand for faulty living habits.

For a sweet stomach, good disposition, and sound sleep, omit the sins against the stomach. Don't let "faulty habits" be your diagnosis. Don't let speed, spice, and Scotch deprive you of good health.

Content Your Colon

IT WAS a steamy summer day in Calcutta. And elbowing his way through the jostling crowd of sweating natives was a little Englishman in a white seersucker suit. Suddenly he ducked through a doorway and into the luxurious office of an American insurance broker.

"Well, how do you like our office today, Mr. Dean?" the broker asked my friend.

"It's wonderful," he said. "Makes me feel so cool and contented."

"Now, that's just why we've gone to so much expense to make this office comfortable and attractive," the insurance broker said. "It's easier to do business with contented people. And it increases our own efficiency and good health to be cool and contented."

And, according to the Reverend James Cecil Dean, who told me of this lovely office one day recently while sitting in my own sweltering Washington office, this insurance broker was in tiptop health, always had a smile

on his face, and as you might expect, sold more insurance than any other broker in all Calcutta. His secret: Keep cool and contented.

And on this hot summer afternoon I leaned back in my own swivel chair and began to ponder, What makes people discontented? What can we do to make them happy again? Then as I looked from my third-floor window, and saw rushing people below, many with lines of tension and worry on their faces, all in a hurry, going some place, but not too sure just where, the reason for their discontent seemed apparent. They had the hurry-worry disease of modern civilization. Many of them, no doubt, were carrying clogged colons and sour stomachs because they were discontented with life. We hurry and worry in an effort to escape life, its problems, and its realities.

If only we could relax, escape to the cool comfort of our own minds, and learn to accept life as it comes, without milling about on the streets, elbowing our way through the crowds, borrowing troubles from yesterday, worrying anxiously for tomorrow—perhaps our colons would relax. Certainly we would cease to be the laughingstock of the world as the most constipated people on earth. Druggists would sell fewer laxatives.

It is said that nearly 50 per cent of the American businessmen suffer from "discontented diseases"—constipation, peptic ulcers, coronary heart disease. What doctors call a chronic, irritable colon, or spastic constipation, is one of the most common of these diseases. And as every doctor knows, this cannot be cured with laxatives. The

cure lies in a contented mind. So if you would have a contented colon, learn to be contented mentally. If you would smooth out your bowel problems, you'd better smooth out your mental quirks and worries first.

My patients have been complaining so frequently of tight and irritable colons recently, especially since the Korean War, that I have developed a little formula that I recommend for contenting colons. In case you too are interested, here it is:

1. Get Extra Sleep at Night—eight to ten hours. Retire one hour earlier than usual. Get up a half hour earlier in the morning to give yourself little cushions of time throughout the day.

2. Drink Two Glasses of Water first thing in the morning before breakfast, and six to eight more glasses of liquid during the day.

3. Eat a Well-rounded Breakfast—a glass of milk, an egg, whole-wheat toast, cereal, fruit. Eat your meals at regular intervals. Do not skip meals or eat hurriedly.

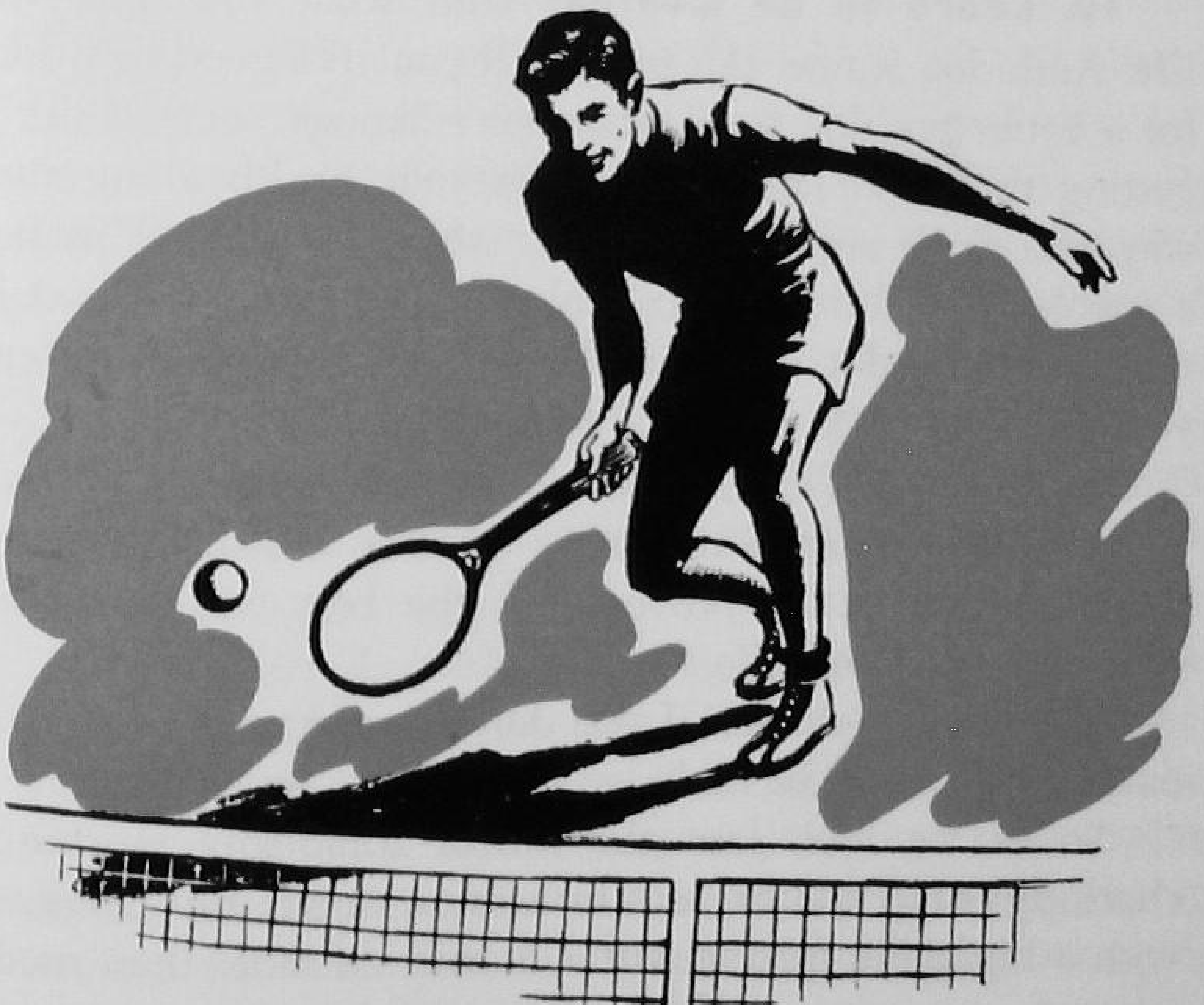
4. After Breakfast Save a few minutes' time for normal, unhurried bowel action. Hurry here may mean hemorrhoids later.

5. Take Time for Your Work—Take it easy on yourself and others. You'll get through faster and more efficiently if you do.

6. Take Off a few minutes early or stay at work a little later in order to enjoy a quiet, relaxed walk to the bus or to the trolley rather than rush through the job in time for the 5:30 sprint to the crowded bus or streetcar.

7. Take Time to Exercise and stretch your muscles each day. This can be done in a short walk of several blocks, a bit of puttering in your garden, or a game of tennis or golf. Above all, make your exercise a regular routine.

8. Do Not Take Irritating Laxatives of your own choosing. Let your doctor decide the type of constipation you have and prescribe the regimen best suited to your



colon. The popular hydrophilic bulk-producing laxative drunk with plenty of water is the type many doctors now recommend in place of the harsh, irritating, bowel-angering cascara, phenolphthalein, aloin, caroid laxatives, which can lash even a normal bowel into a vicious laxative habit.

9. Remember That It's Your Life and you can do with it what you will. If you want to rush through it and get it over with in a hurry, that is your privilege. How much wiser to enjoy life as you go along! Remember, you only have today. And it may be later than you think!

10. Learn to Be Content with what you have in life. Ambition is fine. But it can kill you! It's good to work for a better position in life, but don't "knock yourself out" getting there too fast. If you lose your health along the way, you won't enjoy your success when it arrives. Why be a successful failure? Relax and be contented. Keep your colon calm and content, and you'll do much to hasten your success.

As Reverend Dean, a relaxed and happy little Englishman, turned to leave my office on this hot and wilting Washington day, he proved that the best way to relax and enjoy life is to smile.

"Remember, doctor, if you don't wear a smile, you are only half-dressed," he said.

So as we look into the mirror tomorrow morning, checking collar and tie, let's make sure we are fully dressed with a big smile for the world. It will do more than medicine to content our minds, calm our colons.

Easy Does It

GOLF is a great game! It brings out the best or the worst in a man. Just put a golf club in a man's hand, so the saying goes, and you'll see a weird Dr. Jekyll-Mr. Hyde transformation—a meek and mild little man becomes a veritable monster. He'll spit venom, and convey his agony to the greens, sand traps, caddies, and even make a wailing wall of his golfing friends. But, fortunately, golfers differ, and whereas one blazes forth with a verbal barrage, the good golfer takes the game in his stride.

The other day, while playing a round of nine holes (don't ask my score, please), I learned how a golfer's attitude shows up on his score card; and, too, how it makes for fun or frenzy while spending an afternoon on the velvet greens. As I sat in the cool shade of a spreading maple, while a foursome proceeded on ahead, I began watching various golfers and their attitudes.

One chap, an obviously poor player, was a red-faced,

choleric hothead. He stepped up to the tee, sliced into the rough, then zigzagged across the fairway. His language fairly shriveled the grass. Finally he popped the ball onto the green, then growled, "Twelve!" to the scorekeeper.

His partner got off to a poor start too. But he took a more realistic view of things. He had made a poor drive, but he didn't go to pieces. Rather, he took it as all in the

game. With an easy, relaxed walk he went out onto the fairway to make up for it. Keeping cool and taking good aim, he finally arrived on the rim of the cup with a four (one under par). And all the while he was smiling and courteous. He had fun with his fellows, and showed the caddie he was a good sport.

Now, whether you are a good golfer, a duffer, or never expect to take a golf club in hand, you can develop a good golfer's attitude toward life. What I learned that afternoon in June was this: Attitude means everything!

The chap who loses his temper throws accurate aim and muscular coordination to the winds. If he grows tense and bitter about it all, he usually ends up on the eighteenth hole with a sad-looking score card. On the other hand, the fellow who takes the good with the bad, all as a part of the game, ends up with a pretty good score card.

It's not the failures in life that ruin our game or defeat us. It's how we take the poor shots that counts. In life, just as in golf, "attitude means everything." And the sooner we come to realize that failure makes us appreciate success, that life is a balance between sorrow and happiness, the sooner we will improve our skill at playing the game of life.

As one golf pro told me, "Show me a 'club buster,' and I'll show you a duffer." And the fellow who gets sore or upset when things go wrong in life is usually a duffer too. So take a more sensible look at things. If you keep calm and take a good bead on the ball, you're likely to come up with a "hole in one."

Now, there are sound scientific reasons for all this. The man with the relaxed mental attitude on life has a better circulation of blood through his brain. Rich, red blood circulating to his brain cells enables him to think clearly. He reaches wise and accurate decisions rapidly.

However, the brain of the tense, anxious person with a tight-fisted, choleric attitude toward life suffers from anemia. This anemia is caused by constriction or tension of the blood vessels within his brain. The chap who thinks life is doing him wrong and who bumps against the brick walls of failure, instead of going around them and trying again, suffers the same trouble. Although this may be a short-termed anemia, it nevertheless deprives his brain of the fresh, rich red blood it needs for making brain cells function at their best.

It usually starts like this. He gets nervous, tense, and upset. The muscles of his scalp around his temples begin to tighten, also those at the nape of his neck and between his shoulders. This shuts off the blood supply destined for his brain. And his brain, short on oxygen and fuel, soon becomes befuddled and confused. The more tense he becomes, the more confused he finds himself; a tension-confusion vicious cycle is set up.

So take a lesson from the golfer. After the poor shot relax, and take a bead on the ball. Let some fresh blood flush through your brain for a better decision. As the poor shots appear take them in your stride. You will find, as the golfer does, that "easy does it"—and you may end up with a "hole in one"—when you take life in your stride.

Fresh Air

THERE are several essentials the human body must have in order to maintain life. Among them are food, water, and air. The average person can live for weeks without food, days without water, but only minutes without air and the life-giving oxygen it contains. That's how vital fresh air is to your existence.

The air we breathe, just as the water we drink, should be pure. It should be not only safe but pleasant. We insist that the water we drink be crystal clear and free from all pollution. We should be equally particular about the air we breathe.

Unfortunately, many a city dweller has come to take for granted that he must inhale his daily quota of smoke, soot, carbon monoxide from automobile exhausts, and the fumes from industrial plants as the price he pays for city-made conveniences. However, if he would keep his family and his community in good health, he should insist that his city fathers produce an air supply as well maintained

and as pure as the water he drinks. Many cities have made great strides in this endeavor. St. Louis is almost free of smog; Pittsburgh found a way to divert its billows of coal smoke. Many other cities should follow suit.

But while some city dwellers are forced by living conditions to breathe a poor air supply, many others by choice keep their bodies deprived of a good store of oxygen. Like the sedentary indoor worker who has little desire for water, the tense and distraught office clerk or factory hand often fails to breathe deeply. He takes only enough air into his lungs each day to keep him alive, not to wash out the deep crevices and keep the lungs well aerated and ensure against pulmonary troubles.

The person who breathes deeply, filling his lungs to capacity several times a day, is refreshing his blood stream with oxygen and cleaning out the little dark places in his lungs where disease germs may be lurking.

The reason many of us do not feel the need of breathing deeply is that we fail to exercise. Sitting all day in an office is hardly conducive to working up an appetite or to deep breathing. But run around the block as fast as your legs will take you, and you won't need any coaxing to breathe deeply. Your body will take care of that. So, rather than make yourself mechanically take ten deep breaths, get out and do some hard work, take a brisk walk, go for a swim, play a bit of tennis, or, better still, get busy in your garden until you work up a sweat. These activities will keep the fresh air flushing through your lungs and ensure abundant oxygen for your blood stream.

To function normally, every body cell needs oxygen. And the reason many of us feel a bit sluggish, tired, and fatigued mentally is that we do not supply our brains with enough oxygen by breathing deeply. Stop what you're doing right now and take some deep breaths. See how much more alert mentally you become. That's because a fresh supply of oxygen was sent whisking through your lungs into your blood stream, and carried by the red cells to your brain. Why cheat yourself out of the best thing in life—good health—by skimping on the cheapest essential element—free fresh air? *Breathe deeply—feel it!*

Sunshine for Relaxation

ONE cool March day I took a drive through Washington's famed Rock Creek Park. Besides the picturesque stream that twines through the heart of the city and the ducks and kiddies enjoying the brisk spring day, I saw several middle-aged men bundled up in overcoats and scarfs sitting quietly on park benches, relaxing in the early afternoon sun. Downtown in the heart of Washington, just across from the White House, I saw well-dressed Government executives and businessmen sitting in the sun basking or quietly talking. You know, it was in this park—Lafayette Park—that Bernard Baruch, the elder statesman, would frequently sit on a bench in the quiet and relaxing rays of the midday sun and give pointed advice to leaders in government.

Seeing that busy executives had time for sun-basking, I decided to join them and see for myself what the secret of park-bench warming was. I strolled through the park and took a seat near a dear old grandpa, who was obviously

out warming his knees and limbering up his joints. I watched. He would turn his face toward the sun and drink in the salubrious rays as if they were dripping with sweetness. He would stretch a bit, rub his knees, and lean back for another relaxing stretch. His white head would nod a little, but only enough to remind him to rub his knees again. Then he'd doze off once more into the land of childhood and bare feet, fishing poles, and scolding teachers, who caught him playing hooky.

As I sat toasting in the warm sun I began to think of the wonders the sun can bring to the human body. This boundless source of radiant energy can be tapped by each of us simply by our taking time to absorb its rays. You say, "I live in Wisconsin, and it's too cold to sit on park benches." But you can sit inside a warm house and let the sun shine through a window onto your face or feet. Or if you're lucky, a sun porch is at your disposal.

Here are a few of the wonderful benefits the sun brings to your body:

It's the most healthful form of heat we have for bringing blood to the skin surface. Sun-bathing in summer gives a golden tan, but even in winter, through a glass window, the sunshine will bring a rosy hue to your cheek. Although it is true that the ordinary glass window filters out the beneficial ultraviolet rays, the relaxing warmth from the infrared rays penetrates the glass.

It is true that not enough of us get to sun-bathe in Florida or California during the winter months, and much of the vitamin D we need must be obtained in the form of cod-liver oil, other vitamin supplements, or vitamin-enriched foods such as vitamin D milk. But we still need the relaxing rays of the sun for health.

Winter months are the strenuous months. Most of us push harder, enter into keener competition, and take fewer breathers in the form of vacations or weekend jaunts to the country. Consequently, we feel below par, we lack the zest to get over a cold in a hurry, to jump out of bed and into a cold shower, and to spring into a brisk walk to work.

To feel zippy again we must not drive ourselves harder, until we feel that about-to-drop feeling; rather, we should take a few moments off to give our bodies the chance to catch up, to repair and rebuild resistance, to snap back. One of the best times to do this is immediately after lunch. Even though you have but a half hour for lunch, eat your sandwich in a quiet place in the sunshine. Sit still; just think and be motionless. Drink in the sun's energy. Lean back and meditate on what a wonderful place this world is after all and how gracious the good Lord was to shower equally on rich and poor the blessings that really count.

Soon you'll feel your blood rushing to the skin surface, and a ruddy, warm glow will pervade your very being. You will feel rested, relaxed. A wonderful feeling of well-being and a man-it's-great-to-be-alive feeling will replace your half-dead, dragging-your-feet feeling.

All this is yours when you but take time to let the sun shower its radiant energy upon your body and soul: (1) New energy. (2) Vitamin D, made when the health-giving ultraviolet rays strike the oils in your skin, especially the face; this in turn flushes out the impurities from vital internal organs—liver, lungs, kidneys, stomach. (3) Soothing relaxation, which aids in repair of broken-down body cells. (4) That wonderful feeling of well-being that comes when we take time to meditate on God's goodness and enjoy His free gifts.

For Your Nerves

AS WE twirl crazily through our precarious H-bomb world, with taut nerves and hair-trigger emotions, some of us long to get down off the "tight-rope" and again feel the solid, peaceful earth under our feet. We seek refuge from brain-blistering worries. If only we could escape to some quiet spot!

Weekends are truly becoming weak ends! Exhausted after five days of tension, we try to sleep late Sunday morning (provided we can fend off the kiddies); in the afternoon we take the family for a bumper-to-bumper "joy ride," snaking through four-lane traffic, and return to our desks on Monday morning in an indigo mood. All for want of relaxation!

Deep in the heart of every city dweller is a yearning to escape the humdrum, hodgepodge life; to fly away to a haven of rest and solitude. This urge for recreation, release, relaxation, and rest, reflecting modern man's greatest need, can be satisfied out in the open country.

Next week let's break from the rutlike city routine! If your work confines you to an office or a factory, make plans for a weekend excursion to the country. If you don't feel quite up to par, yet the doctor says there's nothing really wrong, try the "country cordial." It's a pick-me-up that's a sure cure for many of the vagaries of our life.

Don't you long to get out and stretch your legs, to hike through the woods, and inhale the sweet scent of freshly plowed fields? Don't you yearn to go out into the country, where things are natural, relaxed, and easygoing? Away from clanging streetcars, smoky trains, gassy buses, jangling telephones, and jammed traffic, all is contentment,

quietude, peace. The change alone is a wonder-working nerve tonic.

Today city life is taking its toll. Many of the so-called stress diseases—nervous disorders, peptic ulcers, high blood pressures, coronary occlusions, and heart ailments—are directly traceable to the high-pitched life we lead. The city, with all its conveniences, is too artificial, elbow cramping, inhibiting, and complex.

Country life means simple things: good food and lots of it, big airy houses, cool green lawns, tall fluffy maples, red barns, fields, woods.

Picture a "country cousin" hungry and dog tired from a day in the fields. At suppertime he's not fussy what the good wife sets before him. Hungry enough to chew the oilcloth right off the table, he offers thanks to God, and dips into the bounties of a farm table: mouth-watering homemade bread, garden-fresh vegetables, and creamy-rich milk. Eating to the full, he retires to a creaking old chair, to rock and read his evening paper. Soon his head bobs, the paper slips quietly to the floor, and there sits complete contentment—a snoozin' country cousin in dusty blue overalls.

Yes, city folk could benefit from a weekend in the country. There's something about the unhurried cadence of country living that loosens taut nerves, rebuilds strength, and brings sweet release to pent-up emotions. This weekend let's take a tonic trip to the country. It's a grand place to recover from an illness, but a better place to prevent city-bred diseases of tension and turmoil!

There's Health in a Hobby

ARE YOU fed up with life? Of late you've noticed the increasing tempo of your activity has been just too much, and you are about to throw in the sponge? If so, it's time you started riding a hobbyhorse for a while instead of careening through traffic in your Cadillac or Chevrolet.

There's health in a hobby. It can be the pace breaker that helps you win the race of life and live longer, more healthfully and happily.

The hobby you choose is not nearly so important as how you ride it. A hobby such as stamp collecting, which keeps a bank president in his study until after midnight, and does not encourage him to unwind his muscles, tense from long hours of desk sitting, is hardly a healthful hobby for him. However, stamp collecting for a carpenter, who has been pounding nails all day, would be a worth-while diversion. When you pick your hobby, choose one that will balance off your life.

No matter what your hobby is, whether growing prize tomatoes or painting in oils, it is a means of getting you out of a shell of boredom and into the great world of external interests. If your hobby brings pleasure to another as well as you, you have won a double dividend. Doctors tell us that once you plan a pleasant something for someone else, your neurosis is half cured.

Many of the so-called hurry and worry diseases of modern life can be helped or even prevented if we will take time to hop onto a hobbyhorse.

Watching water is an ageless prescription for high blood pressure victims. There is something about the action of water that unwinds nerves, takes the kinks out of tight muscles, and removes the strain from the heart. No doubt much of the benefit fishermen derive is from watching the peaceful water, not to mention the thrill of hooking a five-pounder. Strange as it may seem, you'll experience a new relaxation simply in sitting on your lawn of a summer evening listening to the water sprinkler spin and the water drop on your lawn. Water works wonders when it comes to soothing frazzled nerves. For a hobby that's worth its weight in gold in health-giving value, take up water watching, whether it be watching a waterfall while on vacation or just watching a lawn sprinkler in your own back yard.

Probably no man in world history has borne heavier responsibilities in government than Winston Churchill. Yet he had time to ply a hobby. Weighted by worry, and with a wrinkled brow, when he came from a pugnacious Parliamentary session he would feel his face smooth and his muscles relax when he went into his study to paint. If men of his high station in life realize the importance of time to play, how much more ought we to value it.

Actually a hobby can be the safety valve to help us let off steam. It was said by Rear Adm. H. Lamont Pugh, Surgeon General of the Navy, when speaking of relaxing diversions, "There are two places I've never heard of a man having a nervous breakdown. One is in a swimming pool while he's stretching his muscles; the other is in front of a fireplace while he's stretching his soul."

Today hobbies are recognized by leading medical authorities as having healing value. Hospitals have occupational therapy departments, where patients are taught crafts such as leather tooling, knitting, painting, wood carving, and weaving. These can do more than medicine to revitalize tired bodies and tense nerves.

A word of caution: Don't ride your hobby to death. A hobby that takes your hours of sleep or makes you overfatigued is not a good hobby for you.

A hobby is not intended to be profitable. If it makes you money, it may be well and good, but the prime purpose of any hobby is to make your life happier, not your pocketbook fatter. There's a definite danger that once a dollar bill makes its appearance in your hobby, it is no longer relaxing but becomes a business.

A hobby is to your mind what a hammock can be for your heart—a relaxant.

No matter what your hobby, let it be your gateway to a fuller life and better health. As Columbia's president, Dwight D. Eisenhower told his students, never let a day go by "that you don't enjoy life."

A Color Cocktail

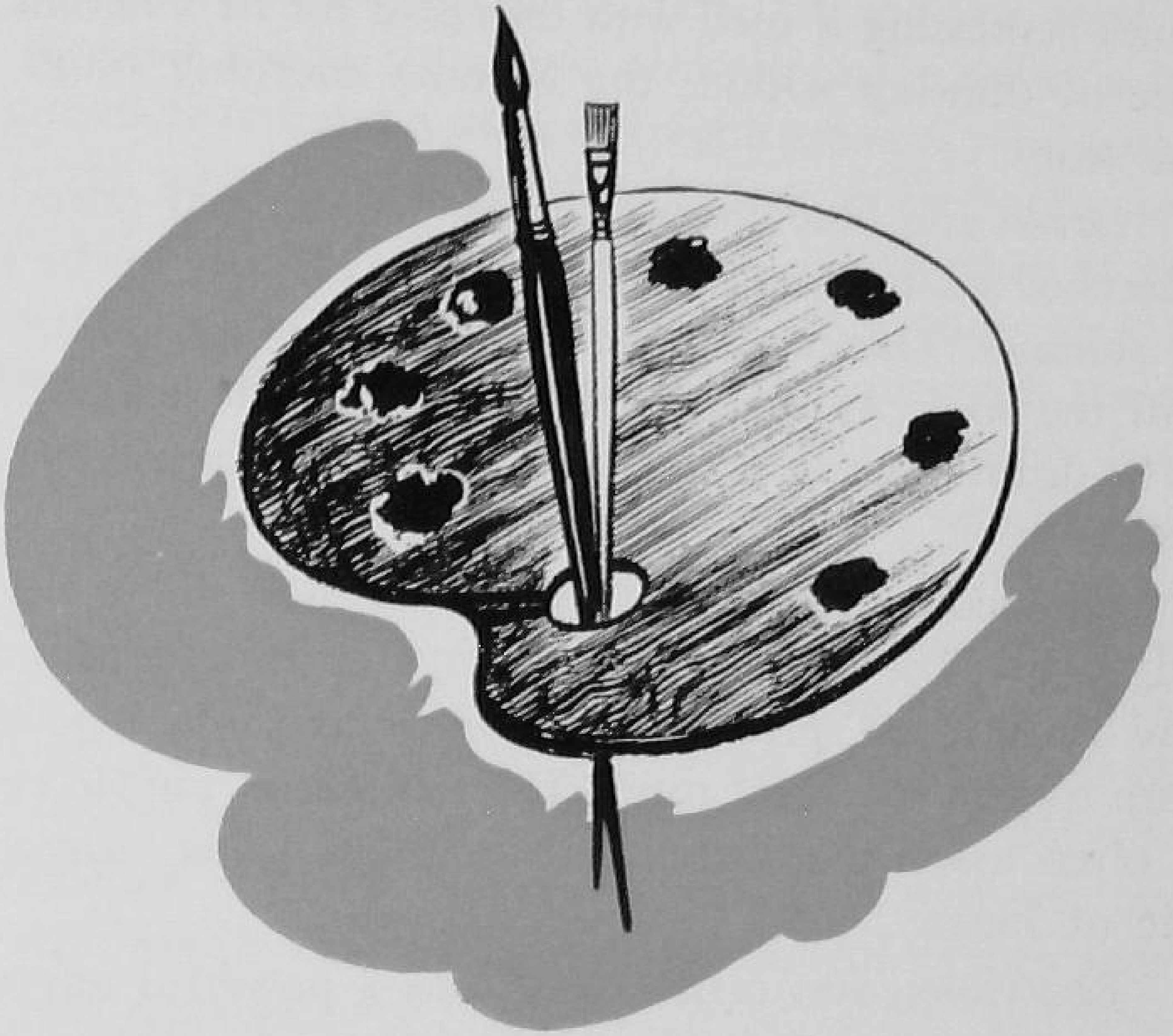
IF YOU need something for your moods, try a color cocktail. Color is good medicine; but, like medicine, colors should be used with understanding. For no matter what the color, it will have an effect on you. Some colors are good for you, others are not; it all depends on when, where, and how much.

According to Harry H. Scheid, color consultant for the Sherwin-Williams Company, makers of paints, you ought to know these facts about colors:

Red is an aggressive color. It is stimulating and energizing. If used judiciously it can lend a sparkle wherever put. However, if unwisely used, it may make you hot, uncomfortable, and even irritated.

Orange is a vital, vibrant color. It vitalizes your mind and body. But because orange is a mixture of two exciting colors—red and yellow—it too must be used with care. Primary colors are more pleasing than mixtures.

Yellow is the sunshine color! It is exhilarating. And



next to white it is the coolest color for summer wear. It is cheerful and one of the safest colors of the spectrum for brightening things up. Because it is a positive, primary color, it tends to strengthen the mental powers. However, yellow, if badly placed, may be nauseating. So it is avoided by the designers of the inside of airliners, railroad passenger cars, and buses, where it tends to produce nausea.

Blue is soothing and sedative in effect. It is also cold and retiring. Blue has been called "the greatest antiseptic in the world." Yet many patients, doctors find, object to taking blue medicine. Being a negative color, it is some-

times depressing if used with disregard for its inherent nature of drawing within; the Monday morning blues tell the story.

Green and blue-green have the cooling and refreshing effects of ice, babbling brooks, and a cool oasis in the heat of summer. They are soothing colors. They can calm and still the soul. As the psalmist has said, "He maketh me to lie down in green pastures: he leadeth me beside the still waters."

Blue-violet, says Mr. Scheid, is the most depressing of all colors. Yet doctors find it helps to relieve insomnia and high blood pressure. Blue-violet is often associated with royalty and royal robes. The richness of purple velvet is often associated with luxury and the quiet, easygoing life of kings.

Red-violet, also called cerise, has a powerful effect on the nervous system. It is a color that sparks the spirit of men. It generates heat and excitement, so is frequently the dominant hue for pompous and spiritual rituals. But it is seldom found in hospitals, where softer pastel hues are used for quieting the nerves.

So if you are irritated and nervous, look to your wallpaper and the paint in your home. It may be that a clashing color combination accounts for your jumpiness in a dark-green room with a bright yellow cushion and a red rug.

Interior decorators and doctors are now teaming up to design homes suited to the moods of the occupants. If you live a highly exciting and active life during the day, better try some soft hues at home for quieting your nerves. How-

ever, if yours is a rather dull outside life, and you need to pep up your spirits, then have your decorator throw a bit of exuberant red and a dash of brightness into your home.

Study your family. Do they appear to be happy and contented at home? Are they glad to be together in the living room or in their own rooms? Are they glad to bring their friends to enjoy the family circle with them? If so, you may congratulate yourself. You probably have a color scheme that is pleasing to their senses, whether they realize it or not.

If they appear to be restless and irritated without cause, check up on the colors you are making them live with. The walls of your home may be setting the thermostat for the temperature of everybody's spirits. Try adjusting the color temperature of your walls and furnishings, and you may find your family making a better adjustment to themselves and one another.

Try a color cocktail. It may do more good than medicine to up your spirits and make you feel fit or to soothe jangled nerves and quiet your spirits. But be sure the cocktail is skillfully blended in keeping with your moods.

Doctors Warn: Don't Smoke

YOU can thank your good principles for the longer lease on life that is yours because you do not smoke. But just to show you the disadvantages you are going to sidestep because you don't smoke, let's listen to what some of the experts have to say:

In 1950 some 60,000,000 Americans blew up into the air the smoke of 400,000,000,000 cigarettes. Every 2 seconds 25,000 cigarettes are lighted, to the tune of $250. For this habit the American public paid half a billion dollars—more than we pay all our public schoolteachers in the United States, or the dollar value of all the automobiles we make each year.

The personal financial aspects of smoking are equally appalling. Take a man at 20 who smokes a pack a day. During his smoking life—40 years—he will burn up $3,000, the value of a nice little beach cottage, a fine automobile, or a trip to Europe. If he is a two-pack-a-day man, the cost will be $6,000—a sizable down payment on a

home, a college education for his son, or a trip abroad on the most expensive ocean liner.

The man who smokes can figure that in a lifetime he is worth a year or two of his salary to the cigarette companies. He is working for them, not for himself. He is their slave, and will work for them one full year of his life. The smoker will deprive his family of many of the fine things in life while he burns them up in smoke.

But the financial aspect of smoking is not nearly so important as the ill-health and damaged bodies that follow in the wake of this gigantic billow of smoke. Yet the gullible American public, who know that tobacco forebodes only harm, read the magazine advertisements, watch the TV announcer, and listen to the syrupy radio commercial. They know the claims are false, but they accept them all calmly and go out and buy another pack of cigarettes.

If anyone tried to tell the American public that chimney soot was healthful for their lungs, they would call out a clean-air commission to investigate the sanity of the soot salesman. Yet not a day goes by that some smooth cigarette salesman doesn't tell you smoke is really good for you—it's a great way to soothe your nerves, relax your body, and make you more alert. Smoke can do all that?

Dr. Alton Ochsner, professor of surgery at Tulane University Medical School and director of the Ochsner Clinic, New Orleans, is one of America's leading doctors and an authority on lung cancer. Here is what he told the convention of the American Temperance Society in Washington.

"I am a physician, and realize the harmful effects of tobacco," said Dr. Ochsner. "I feel that tobacco does even more harm than alcohol. I don't advocate drinking. But anything one does to excess is harmful. If we eat too much or if we drink too much water, the result can be harmful. And there are very few people who smoke moderately."

He compared tobacco with narcotic addiction. "Tobacco is an addiction that is as bad as morphine, and it is almost

as hard to break. I know this is true, because when I tell a man who has Buerger's disease in the legs (which is almost a one hundred per cent disease of heavy smokers) that unless he stops smoking he is going to lose one or both of his legs, and he tells me he can't stop—that is addiction. I hope the time will come when we will have some sort of legislation against tobacco."

But, grimly enough, little control can be exerted over the tobacco companies as long as their product is outside the jurisdiction of the Federal Food and Drug Administration. All other products used as food or put into the mouth must be accurately labeled as to content. But not the package of cigarettes. The reason: nicotine, as the cigarette companies claim, is neither a food nor a drug. At least they have succeeded so far in keeping any legislation from making it a drug.

Yet in every pharmacology book nicotine is listed as one of the most potent of poisons—capable of producing death if the amount in only about five cigarettes were injected directly into the blood stream in a single dose.

Tobacco smoke contains a surprising number of other chemicals, none very mild or fragrant. Among them are ammonia, arsenic, benzopyrine (a coal-tar product capable of producing cancer), carbolic acid, methane (marsh gas), pyridine, and hydrogen sulphide (the chemical giving the characteristic odor of rotten eggs).

It is the poison benzopyrine that may be responsible for the new scourge of lung cancer that is sweeping the male world (it predominates in men), cutting down men be-

tween the ages of forty and fifty-five. When this cancer-producing substance is in contact with the bronchial tubes it causes intense chronic irritation, and incites cancer growth.

Says Dr. Ochsner, the increase in lung cancer bears a close parallel to the sale of cigarettes. In 1920 only 1.1 per cent of all cancer was lung cancer; in 1930 it rose to 2.2 per cent, just twice as high. In 1948, 8.3 per cent of all cancer was lung cancer.

Figures on cigarette consumption for the average American over the age of fourteen years are: 1877, 3½ cigarettes per year; 1920, 100; 1930, 1,091; 1940, 1,600; and in 1949, 3,400. This shows an almost direct parallel to lung cancer figures.

"Twenty-five years ago," said Dr. Ochsner, "I saw only one cancer of the lung in four years. During the last fifteen years I've seen literally thousands. I am convinced there is a direct relationship between smoking and cancer of the lung. . . . Meantime, pipe and cigar smokers, although less likely to get lung cancer, are more prone to cancer of the lip and tongue."

In a study of 684 lung cancer patients, Dr. E. L. Wynder, and Dr. Evarts A. Graham, emeritus professor of surgery of Washington University, St. Louis, stated they found that 96.5 per cent of the men with lung cancer were either moderately heavy smokers or chain smokers (10 to 35 cigarettes a day for 20 years). It is a rarity to find a patient with lung cancer who doesn't smoke. Likewise, it is a rarity to find a nonsmoker with cancer of the lung.

The rapid increase in coronary heart disease in younger people, according to Dr. Ochsner, is largely due to tobacco. He acknowledges that we are living at a faster pace today, under more stress and strain, and as a result folks are more nervous and in turn smoke excessively.

Tobacco affects the coronary arteries by producing a spasm. This blood vessel constriction temporarily decreases the blood flow to the heart muscle, may damage the delicate lining of the arteries to the heart, and eventually cause changes within the artery that lead to clotting, or coronary thrombosis, the now well-known "heart attack" of the obituary columns.

Sadly enough, the age at which these heart attacks strike has shifted steadily downward into the younger age brackets. Time was when 60 to 70 was the usual age for a heart attack, but not since the advent of fast living and excessive smoking. Today it is not uncommon to see young people in their 20's succumb, and it is rather frequent to see those in their 30's and 40's fall victim to heart attacks.

Smoking can also produce an increased pulse in some persons, even a racing heartbeat or an irregular heartbeat. This is the so-called smoker's heart, produced by smoking until the nicotine has made the heart excessively irritable.

Puffing a cigarette also can elevate blood pressure. Because so many Americans have high blood pressure these days, they take their lives in their hands when they indulge in something that makes their pressure go higher.

It was this effect of tobacco on the heart that several

years ago convinced President Eisenhower of the wisdom of stopping. His blood pressure and pulse immediately returned to normal. Since then he has been healthier. He later commented that he was sorry to see boys and girls start habits they would eventually find harmful to their bodies. He hoped that by stopping he could set a good example. He did. We all salute him for his will power and determination. Any man who stops smoking shows that he has steely stamina of character.

Another malady you help yourself to avoid when you don't smoke is stomach ulcer. Smokers have more than their share of stomach ulcers. This is true because smoking reduces the normal contractions of the stomach, decreases appetite, and produces too much stomach acid, all of which are conducive to ulcer formation.

"The patient with a stomach ulcer cannot get well so long as he smokes," says Dr. Ochsner. "I have seen too many patients put on a strict diet, given medication, told to stop smoking and using alcohol and coffee, because all are bad from a health standpoint. If they adhere to all these restrictions but continue to smoke, without exception they have a recurrence of their ulcer."

Like Dr. Ochsner, many other physicians will not treat an ulcer patient who smokes. They value their reputation too highly. They know they cannot cure him unless he stops.

Although we cannot make a flat statement that tobacco smoke causes ulcers, it can be said that ulcers develop more easily in people who smoke. Since many an ulcer patient

may come to surgery, the victim of an ulcer should remember that smokers also are more likely to have complications after abdominal operations. This is because smokers are more likely to cough, and coughing causes trouble in the area of their operation.

A dimness of vision known as toxic amblyopia can result from excessive smoking. This is due to the constriction of the tiny blood vessels of the retina, which after excessive smoking are deprived of 18 to 40 per cent of the blood normally going to the retina.

Where eye and hand coordination is vital, smoking is absent. Of the thirty-five top pistol shots of the United States, none are heavy smokers and only eight smoke at all.

Fortunately, toxic amblyopia, which can result in blindness, is an idiosyncrasy of tobacco use. Once the patient stops smoking the condition can be expected to show definite improvement. But many a precision worker cuts his visual acuity and efficiency by smoking.

"It has been suggested," commented Dr. Ochsner, "that one should smoke because smoking calms the nerves. It doesn't calm the nerves at all; it makes one more nervous. The only thing a cigarette does for the individual who is frustrated, nervous, and doesn't know what to do, is give him something to do with his hands; that is the only way it calms his nerves. Tobacco actually increases one's nervousness.

"Smoking gives a person something to do with the hands. Many an American feels tense, awkward, and self-conscious when around others. To whip out a pack of cig-

arettes and light up or pass cigarettes gives him something to do with his otherwise awkward hands. But a pencil to doodle would serve the same purpose, with no danger to his health."

Do doctors smoke? Yes, but not all of them—certainly not lung surgeons. According to Dr. Ellsworth E. Wareham, of the Chest Surgery Service at Cornell Medical Center and Bellevue Hospital in New York City, it's a rare lung surgeon who smokes. "They realize the danger of smoking. A surgeon cannot take out lung after lung from smoking men and not be impressed with the danger to his own life if he smokes," says Dr. Wareham.

In another survey among doctors it is disclosed that contrary to what the cigarette advertisements imply, not all doctors smoke. Sad but true is the fact that some doctors do, which makes them reluctant to condemn smoking. It is like the fat doctor trying to reduce the fat patient. He is not enthusiastic about the idea. His example just isn't there, and he does not have the heart to condemn himself.

The classic study by Dr. Raymond Pearl (a chain smoker himself, who has since died) at Johns Hopkins Department of Biology scaled 6,813 white American men as to their smoking habits. These he plotted on an actuary table, and statistically estimated them on the basis of 300,000. He found:

Of 100,000 nonsmokers, 66,564 will reach 60 years of age.

Of 100,000 moderates, 61,911 will reach 60.

Of 100,000 heavy smokers, 46,226 will reach 60.

In his own guarded words Dr. Pearl stated: "The conclusion is clear. In this sizable material, smoking was statistically associated with impairment of life duration, and the amount of the impairment increased as the amount of smoking increased."

Someone with a sharp pencil has shown that Dr. Pearl's moderate smoker from the age of 30 until he died smoked a total of 90,702 cigarettes. He lived 2.2 years less than if he had never smoked. Every cigarette cost him 12.744 minutes of his life. Cigarettes are not misnamed coffin nails.

Nearly every intelligent American knows the facts about smoking and health. He realizes he doesn't feel well when he smokes too much. Yet every year 800,000 nonsmokers succumb to the cigarette advertisements and join the ranks of smokers. Every year those who are already smokers smoke more and more. At this rate it is estimated that by 1960 on the average every American over the age of fourteen will be smoking a pack a day.

Why do people smoke? How do they start?

Invariably the answer is, "To be one of the crowd." They think it is the socially acceptable thing to do. Rather than be conspicuous, they seek to be sophisticated by joining the masses. In reality it is the man who doesn't smoke who is respected and admired. "He's sure lucky," they say, "because he never started!" He is looked upon as a strong-willed person with real character.

Whether we recognize it or not, we and our children are being hypnotized by the American saying, "Well, everybody does it, so it must be the thing to do." If millions

are crazy, why aren't we? we reason. The subtle effect of TV, radio, and magazine advertising on youth cannot be underestimated. Children accept advertising as fact unless you point out to them that it is fiction. But what parent has the time to sit by and tell his child each time he sees a commercial or reads a magazine advertisement that the advertising is all wrong?

Perhaps it is time we had some legislation to put truth back into our advertising.

The average smoker may think he gets a lift from a cigarette. What he doesn't recognize is that he gets a letdown after smoking it. This droop in spirits is the one thing that accounts for the addicting power of cigarettes. When one has a letdown feeling he reaches immediately for a "pick-me-up" cigarette. Soon his letdowns come closer and closer together, until he finds himself smoking twenty, thirty, forty cigarettes—yes, two packs a day. Lady Nicotine has the upper hand.

We Americans are sensitive souls. We don't like anything that looks awkward, smells odd, tastes peculiar, or feels strange. Yet when we smoke we are stupefied into thinking that grandmothers look graceful with a cigarette dangling from their lips. We inhale the odor of rope and call it aroma. We benumb our taste buds until we cannot relish our food. If we ever feel strange, it is when we take our first deep puff on a cigarette, and almost black out. The filthy weed makes the life of everyone—smoker and nonsmoker—anything but esthetic and pleasant.

THE ADVANTAGES OF NOT SMOKING

The advantages of stopping smoking or of not smoking, in contrast with the sordid picture, are easy to see.

★ The nonsmoker has a sweet breath, a marked contrast to the repellent odor emanating from the tobacco addict.

★ He has a clean look about his hands. His fingers show no yellow stains.

★ His pockets are not littered with bits of tobacco, matches, and crumpled cigarette packets.

★ His nerves are calm, and his muscles are coordinated.

★ His hands and feet have a warm glow, as a result of unimpaired circulation.

★ He eats with gusto, for his taste buds raise their heads hopefully at the first morsel of food that comes their way. They have their full tasting powers, and he enjoys every bite.

★ In the breast of the person who does not smoke, heartbeats are more quiet, regular, and serene. No tobacco-induced, chronic hacking coughs and wheezes are his.

★ He has fewer colds and sinus attacks—no throbbing sinus headaches as a result of smoking.

★ When he lies down at night his sleep is sound. Smoker's insomnia does not force him to get up and light up.

All in all, he has a real buoyancy that helps him go through his day's work. He has the consolation that he is a clean and attractive person, in full possession of his senses, and capable of appreciating every joy life has to offer. He has a mental lift in the knowledge that he is free, not a

slave. He has an inner glow as a result of being in command of himself and at ease with those around him.

HOW TO STOP SMOKING

Now, how can one stop smoking? Here are some suggestions:

1. Convince Yourself that you can stop smoking—if you really want to. But there is no hope of tapering off. Throw away all the equipment—cigarettes, matches, pipes, cleaners, racks, tobacco, cigars. And clean up the house. Toss out all the ash trays or anything else that would remind you of tobacco or smoking. In other words, change your environment. Create clean, fresh surroundings for yourself and family.

2. Avoid Smoking Friends whenever possible. This is especially important during the first week or two, for the smell of smoke may create a desire to smoke. But fresh, clean air will never make you want to smoke.

3. Carry Something in your pocket to twiddle. A pencil, a knife and stick to whittle, or a package of gum to pass to a friend instead of a cigarette. A new dry-writing pen provides a nice little mechanical gadget to flip now and then when your nerves get jumpy.

4. Keep Cough Drops in your pocket to pop into your mouth when you desire to smoke.

5. Suck on a Lemon—This may also help suppress the desire to smoke.

6. Eat a Simple, Bland Diet, with plenty of green vegetables, fresh fruit, and fruit juices. For a day or two

an elimination diet may be a help to rid the body of excess nicotine. On this regimen drink only vegetable and fruit juices and lots of water. A steam bath at the same time would help to wash nicotine from your skin and make you feel better.

7. Omit All Irritants—This means that you will avoid spices, tea, coffee, meat, and alcohol. These may give a craving for tobacco.

8. Get Plenty of Outdoor Exercise—Fresh air washing through your lungs, in place of tobacco smoke, will be so pleasant to you that you will be inspired to stay on your clean-living program.

9. Drink Water Instead of Smoking—Many people misinterpret a desire for a glass of water as a desire for a smoke. When they puff on a cigarette instead of getting a drink of water, they dry their bodies out even more. Consequently, many smokers have very dry, wrinkled skin from a chronic state of dehydration.

10. Have Faith That God Will Help You—If you breathe a little prayer every time you want a cigarette, God will give you power to say No. The longer you go without smoking and the oftener you call upon Him, the stronger you will become. Nothing succeeds like success. Your success in overcoming the smoking habit is just what will give you more courage the longer you persist. God will give you strength if you will but ask.

But remember, the longest journey cannot start until you take the first step. There's only one way to stop—and that's to STOP!

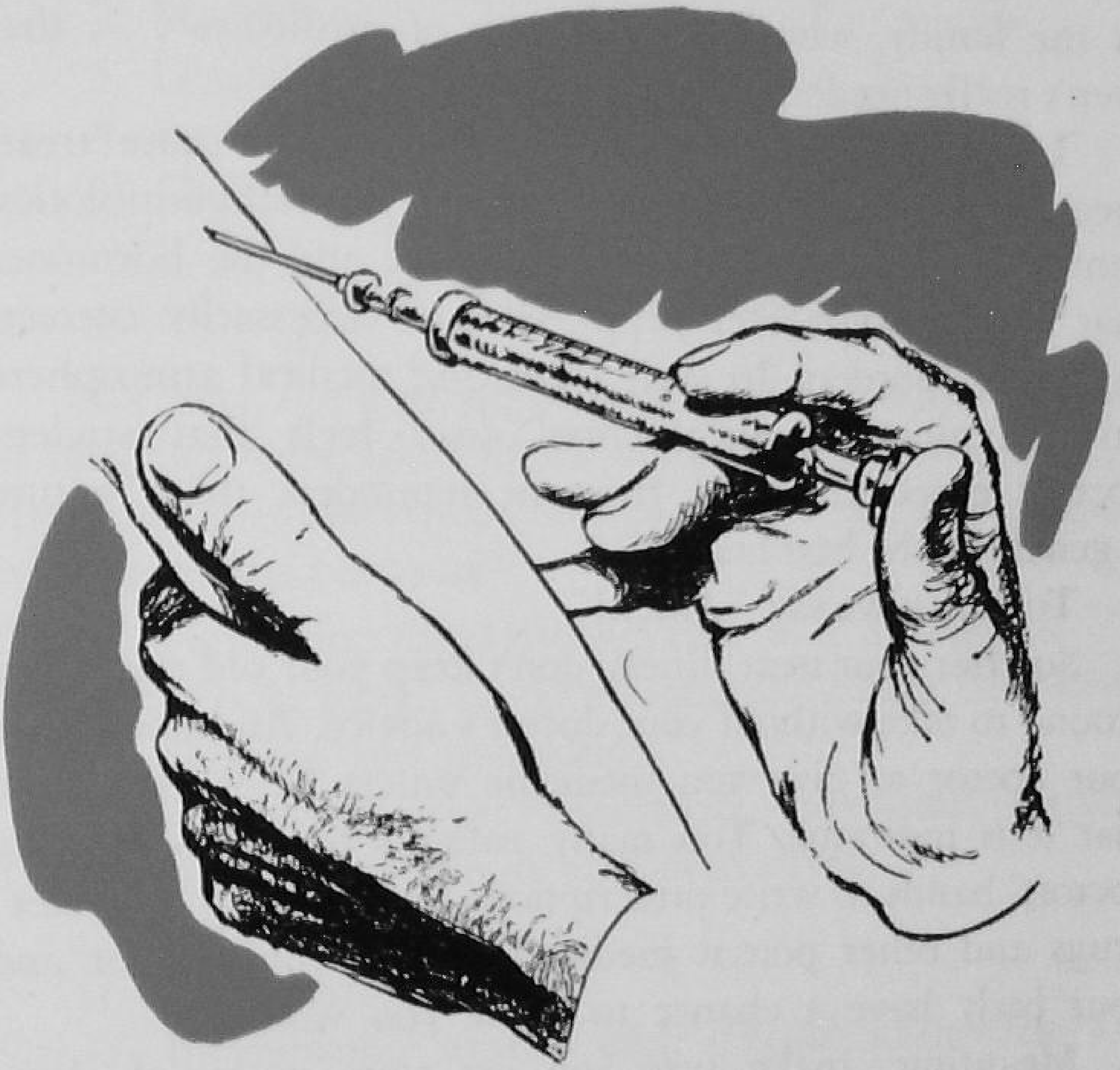
How About Drugs?

IF YOU are one to rush into the drugstore or your doctor's office for the latest new drug you read of in a magazine or newspaper, think twice. Nearly all medicines not only have a beneficial effect on the body but also may produce side reactions that are not always pleasant.

Stressing this point, Dr. W. Clarke Wescoe, the young dean of the University of Kansas School of Medicine, said that doctors could cultivate "the art of skillful neglect."

Dr. Wescoe advocates teaching medical students the importance of knowing when not to medicate; when, instead, to guide the patient in letting his body heal itself. He warns against unrestrained use of the tempting array of new drugs that appear on the market.

My local druggist tells me he receives announcements of five to ten new drugs each week. As a professor of pharmacology Dr. Wescoe thoroughly approves the many modern medical technics. But he believes the very profusion



of them may lead young doctors to think there is an outside remedy for every ill.

We might add that the modern magazine reader may get the same idea. When he picks up his local newspaper or a magazine he finds that there is another new miracle drug for just what ails him.

A high percentage of all illnesses are best cared for by the body itself without outside technical interference, believes Dr. Wescoe. "The well-trained doctor knows the

art of skillful neglect. Often his biggest trial is the patient, or the family, who insist on a lot of medicines . . . that aren't really needed."

Today an atmosphere of "treatment and more treatment" is fostered by the growing use of powerful antibiotics, control drugs for anemia and diabetes, and the hormones that make people feel peppy without necessarily correcting basic disorders. In such a growing medical atmosphere this prominent medical-school dean feels that student doctors especially need frequent reminders that "nature is generally the best healer."

To which we say, "Amen!"

So after your next illness, don't keep your old medicines around to take without your doctor's advice. And don't urge your doctor to give you medicine unless he is convinced that it is indicated. Too many patients today are forcing doctors' hands to write prescriptions for powerful "wonder" drugs and other potent medications. Let your doctor and your body have a chance to make you well.

Meantime, make sure you get your quota of sleep, outdoor exercise, fresh air, water, and a well-balanced diet. These are Mother Nature's wonder drugs, and they can do more to snap you back to normal than all the wonder drugs in the pharmacy. Remember, without Mother Nature wonder drugs aren't so wonderful!

YESTERDAY'S DRUGS

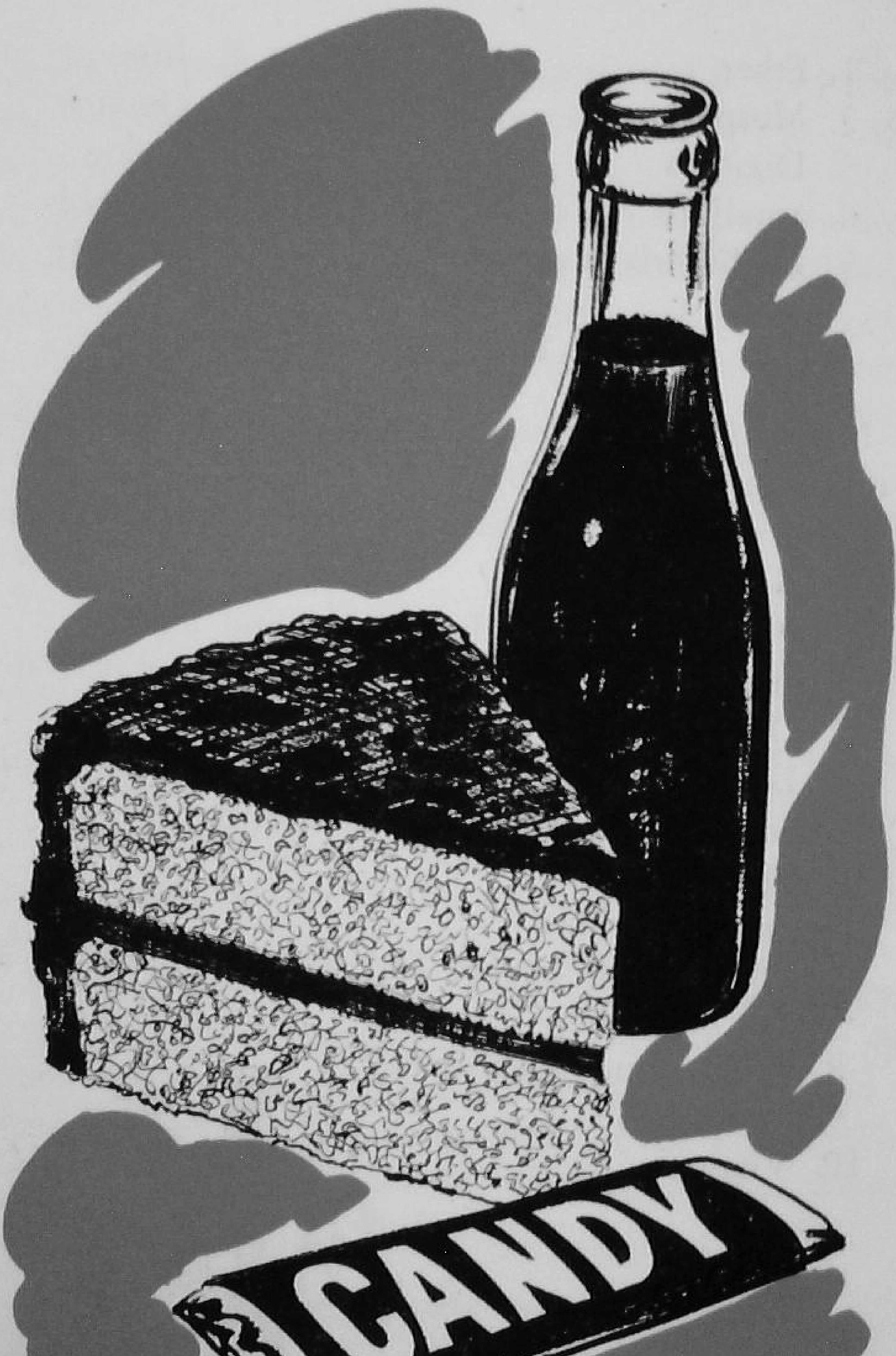
In 1910 a group of physicians listed the following as the ten most important drugs in the practice of medicine:

1. Ether
2. Morphine
3. Digitalis
4. Smallpox vaccine
5. Diphtheria antitoxin
6. Iron
7. Quinine
8. Iodine
9. Alcohol
10. Mercury

AND TODAY'S DRUGS

Not long ago a group of professors in leading colleges of medicine were asked by the editor of the *Journal of the American Medical Association* to list the ten most important drugs. Their list was:

1. Penicillin, the sulfonamides, and antibiotics
2. Whole blood, blood plasma, and blood derivatives
3. Quinine and quinacrine
4. Ether and other anesthetics, morphine, cocaine, and the barbiturate acid derivatives
5. Digitalis
6. Arsphenamines
7. Immunizing agents and specific antitoxins and vaccines
8. Insulin and liver extract
9. Hormones
10. Vitamins


CANDY

School Knickknacks

NOT long ago the North Carolina State Advisory School Health Committee reported on the sale of food knickknacks in schools, as related to the health of the children.

So interesting were the findings that we want to share them with you. The committee learned that schools were selling candies, cakes, bottled drinks, and other sweets in an effort to raise money for various little projects around the school, such as buying athletic equipment, supplementing teachers' salaries, supplying a trip to Washington, or buying uniforms for the band. And many times this practice exploited the children's love of sweets and jeopardized their health.

The report also stated that controlled animal experiments show without exception the detrimental effect upon body tissues of diet where some of the essential foods are replaced by nonessential types, such as sweets and refined foods, and that poorly nourished tissues are less resistant

to diseases than healthy tissues. These foods dull the appetite for a sufficient quantity of food of real value for health, growth, and development of children.

The committee recommended limiting the sale of foods unless they promote good health and growth in children.

The reasons it was undesirable to sell food knickknacks of high-sugar content in the schools were:

1. The practice does not coincide with good teaching.
2. These foods do not supply the food nutrients often lacking in many children's diets.
3. These foods usually replace more nutritious foods in the child's diet.
4. Many children feel inferior because they do not have money to buy knickknacks.
5. Problems in school organization and sanitation are more difficult, due to knickknack sales.

The committee that supported these views cited a resolution by the Council on Dental Health of the American Dental Association:

"WHEREAS, the consumption of candy, soft drinks and other confections prepared with concentrated fermentable sugar is associated with an increase in dental caries, and

"WHEREAS, the excessive ingestion of such confections replaces and reduces the use of more complete and nutritive foods, therefore, be it

"*Resolved*, that the sale of candy, soft drinks and other confections in school be discouraged."

The Council on Foods and Nutrition of the American Medical Association gave an official statement in the *Journal of the American Medical Association* of May 6, 1950 (page 24), concerning carbonated beverage dispensing machines in school buildings:

"The Council believes that one of the valuable functions of a school lunch program is to provide training in sound food habits. Of considerable significance in the adoption of such a program is the sale of food, confections, or drinks on the school premises; opportunities to purchase food and drink at nonlunchroom concessions bear directly on the food habits established in the child. School children generally have a limited sum of money for the purchase of their daily lunch. If a portion of this money is spent on substances of limited nutritional value, the value of the lunch which a child may obtain with the remaining money obviously is reduced. The availability of carbonated beverages on school premises may induce a child to spend lunch money for these and allow him to develop poor dietary habits. This is especially true for the younger children. Expenditure for carbonated beverages yields a nutritional return much inferior to that from a similar sum spent for milk or other staple foodstuff. Furthermore, when given a choice between carbonated beverages and milk to accompany a meal, a child may frequently choose the less nutritious beverage. In view of these facts, the Council believes that carbonated beverages should not be sold on school premises."

On the positive side, the school health committee rec-

ommended that funds be raised for projects by having fun nights, talent nights, stunts, bazaars, or suppers.

But on the matter of the midday meal at school, it was recommended that foods be served that would help balance the diet. Because fruits, fruit juices, milk, and raw vegetables are often lacking in many diets, the school can well include fruits, milk, peanuts, raw vegetables, not-too-sweet cookies, and many other wholesome food items as delicious and appetizing treats.

THE BEST OF LIFE AND HEALTH wishes to salute the North Carolina State Advisory School Health Committee on this forward step in school nutrition.

Maybe your school and your child would benefit by fewer knickknacks and more fruits, fruit juices, and milk at the noon meal on school days. Certainly these foods can make for stronger bodies, more alert minds, and better appetites than the candies, sweets, carbonated beverages, cakes, pies, and refined foods that are served either on the school campus or at the snack bar across the street. What does your child eat for lunch?

Hidden Hunger

DO YOU get hungry between meals? You eat big meals, but somehow you don't feel satisfied? If so, you are typical of millions of Americans.

We live in a land of abundance. The best food is found in our markets. Our tables groan under lavish dinners. Yet, paradoxical as it may seem, many an American is a hungry glutton—overweight from eating too much, yet hungry.

Hidden hunger is the thing that makes teen-agers voracious eaters. Watch a high school youngster eat at the lunch counter across the street, and you'll marvel that he could ever be hungry again. He can wolf three hamburgers, an order of French fries, a double malted, a candy bar, wash them down with a couple of colas, and maybe top it all off with a banana split. Yet school is no sooner out than he's hungry again. He heads with the gang to the nearest shop for another indulgence of his sweet tooth—he's a victim of hidden hunger.

He too is depriving his growing body of the vitamins and minerals it needs, and surfeiting himself with sweets and fats, which he could well do without. Consequently he feels lazy from a vitamin B complex deficiency. His skin develops pimples, and the acne gives him an inferiority complex. Yet it could be corrected by satisfying his hidden hunger.

Some stout little housewives pride themselves on being

good bakers and pastry cooks. Turn your back, and the little woman is in the kitchen whipping up a cake or a pie.

On the other hand, they too often loathe washing, preparing, and cooking the more healthful dishes such as good old garden-fresh vegetables, or they think there is no feeling of accomplishment in turning out a fancy fruit salad. If it doesn't come from the oven, it's no prize, they feel.

Consequently mother, dad, and the kiddies—the entire family—suffer from hidden hunger. Their menus contain plenty of white bread, hamburgers, hot dogs, French fries, macaroni and cheese, spaghetti, puddings, pie, cake, cookies, doughnuts and coffee, ice cream, potato chips, and other pale white foods with plenty of calories but few if any vitamins and minerals.

Needed to satisfy hidden hunger are old-fashioned farmer-style foods, the kind of "stick-to-the-ribs" foods that made grandpa strong and rugged, foods that satisfied his ravenous hunger and kept him working in the fields from sunup till dark.

Americans need more breakfasts consisting of orange juice, eggs, 100 per cent whole-wheat toast, cereal with raisins, milk, and fruit rather than of coffee and doughnuts. They need fewer luncheons that are little more than slapped-together drugstore sandwiches and a soft drink. Rather, they need a luncheon menu of crisp tossed green salad, two green vegetables, a protein dish, baked potato in its jacket, milk, 100 per cent whole-wheat bread, and light fruit dessert.

Suppers might better be light: cottage cheese topping a luscious fruit salad sprinkled generously with almonds, and served with piping hot toast (100 per cent whole-wheat) with peanut butter and honey. Milk and a few celery sticks could top off this light evening meal.

The explanation of hidden hunger is not simple. But there is a definite reason why a person can eat until he's ready to pop and still be hungry. It is usually because he has failed to eat the foods his body needs.

The body needs certain vitamins and minerals in order to function properly. The most commonly omitted foods today are those containing vitamin B complex, iron, and proteins. The foods that take their places are usually high in calories, which make for overweight. The overweight person is frequently a victim of hidden hunger. It may be due to blood-sugar fluctuations. You see, when you eat sugar, your pancreas pours insulin into your blood stream to utilize the sugar. This drops the blood sugar level, frequently to below normal. And a low blood sugar makes for hunger. So the plump one says, "I'm so hungry and weak. I must have a candy bar or a piece of pie." Another 400 calories is added, another rise and fall of blood sugar occurs, to make more hidden hunger.

He is drawing from his reserves, and is courting hidden hunger from vitamin deficiency, as well as low blood sugar.

The satisfying of hidden hunger will not only make you feel better but may help you lose weight as well.

Shopper's Headache

HAVE you ever had a wonderful day of shopping downtown ruined by a splitting headache? You got up feeling great. Got all dressed up. But you were in a bit of a hurry, so skipped breakfast. You drove downtown through traffic. Getting into the hustle and bustle, you were soon absorbed in a bargain here and a new dress pattern there, until you began to notice a dull ache through your temples.

But you kept right on shopping, even through lunch hour. After all, you don't get downtown too often, and you have to make every minute count. Maybe you stopped for a piece of pie and a cup of coffee at two o'clock in the afternoon. But this snack didn't help your pounding headache a bit.

By now, after we have painted this picture of the usual victim, you should be able to spot the cause of your so-called shopper's headache.

Probably more aspirin, fizz water, and pain-relieving

SALE
Clearance
50%
REDUCTION!

pills are taken for this malady than we can imagine. At least the drugstores are crowded when we go downtown. There is nearly always someone at the counter ordering up a headache "bromo" of some sort. But pain pills are not the answer.

Interestingly, though, shopper's headache has been the subject of much study. And one of the nation's leading nutritionists, Dr. W. H. Sebrell, Jr., director of the National Institutes of Health, has put forward the idea that your "shopper's headache" is in part due to a low blood sugar. The breakfast you skipped or skimped, the nervous tension you are under while shopping, and your scanty luncheon all contribute to your headache. You didn't have enough food in your stomach to manufacture the sugar your body needs. A frequent aftermath of a low blood sugar is nervousness, headache, and a letdown feeling of fatigue. Does that sound anything like what you have felt when shopping in the city?

Other factors, of course, play a part. The fact that you were so busy you didn't even notice there were water fountains in the department store means that you went dry while shopping. When we fail to drink sufficient water a so-called dehydration headache can hit us. Women are especially poor water drinkers. To appreciate this fact just look at the dry, parched lips of so many folks downtown. The busier we are, the more important water intake becomes. Sadly enough, it's when we are busy that we neglect to drink water.

Poor air downtown may also contribute to our head-

aches. If we are in crowded, stuffy buildings and department stores, where the ventilation is not good, we may be suffering from lack of oxygen. This too can make for headaches.

But nervous tension, resulting from our tight schedule, may be at the root of our trouble. The leisurely shopper, the one who has time to sit down and have a full lunch and a few moments of relaxation in the lounge in midafternoon, is not so likely to come home with a "spike in his skull." Tight schedules make for tight blood vessels, and headaches. So take your time downtown. Shop in a leisurely way. You can't get all the bargains today anyway. Give yourself little cushions of time for relaxation in the midst of your shopping spree.

The next time you plan a shopping expedition try these tips and see if they don't help to ward off your shopper's headache:

1. Get a Good Start—Arise early enough on the morning of your shopping tour to eat a hearty breakfast. Make it a well-balanced one—orange juice, milk, eggs, 100 per cent whole-wheat toast, and fruit. The protein in the milk, eggs, and bread will take a while to digest, and so will sustain your energy throughout the morning. This can't be said for toast and coffee. After this scanty fare, you can expect a ten o'clock slump every time. The big breakfast will keep your blood sugar from dropping too low, and thus prevent headache. And don't think it will add inches to your hips, either. It won't. You'll burn it up rapidly with your downtown activity. (P.S. It's that big sup-

per you go to sleep on that is making your hips heavy.)

2. Drink Plenty of Water—Before you leave home, drink a couple glasses of water. This, with your orange juice and milk, will hydrate your body, help ward off headache. While downtown, look about for drinking fountains. And don't take just a sip to wet your lips. Drink big quaffs of water. Remember, you should drink at least a glass of water to make your stop at the fountain worth your time. This means twelve to fourteen average swallows —not one or two.

Omit tea, coffee, and cola drinks while downtown. They do not add water to your body but actually tend to deplete your body of water. Because these stimulants contain caffeine, which causes your kidneys to excrete abnormally large amounts of water, you are defeating your purpose when you drink them in place of water or fruit juices. Although it is true that you drink a cup of water in the coffee, tea, or cola beverage, you lose more than a cup of water in urinary excretion once the caffeine goes to work on your kidneys.

Caffeine also dissipates blood sugar by draining your reserve sugar from the liver. This is why you may get a temporary lift from a cup of coffee. But you know from experience that it isn't long before the letdown after your cup of coffee. This is because of lowered blood sugar.

For a refreshing beverage and a lift while shopping, try fruit juices—orange, pineapple, grape—or lemonade.

3. Breathe Deep—Downtown air is a pretty poor product. It is low in oxygen, laden with soot, smoke, and

dust. On busy street corners, where traffic is heavy, the air is also heavy with carbon monoxide, so much so that police officers are not allowed to work on busy corners more than a few weeks at a time. Otherwise, they become victims of carbon monoxide poisoning from automobile exhausts.

You may be a minor victim of this type of poisoning while downtown, and it may account, in part, for your headache and fatigue. So it is not a bad idea, if you can find a little park or a spot of fresh air while downtown, to take ten deep "belly" breaths to wash out your lungs. Flush out the gaseous wastes, such as carbon dioxide and carbon monoxide fumes, smoke, and soot. Exchange these for fresh oxygen, and you are bound to feel better.

In essence, the prescription for preventing shopper's headache is a common-sense formula—take time to get your quota of food, water, and air, and your body will take care of the rest. The headache is simply Mother Nature tapping you on the shoulder to ask for one of these. Don't spurn her overtures by substituting a cigarette or coffee for food, a cola drink for water, or secondhand re-breathed air for oxygen. Satisfy her request and your shopper's headache will disappear without the aid of aspirin, "bromo," cigarette, or coffee. Best of all, you'll not only feel better but you'll shop more efficiently and head home with bigger bargains under your arm.

The White Plague

IT IS 1821. In the bleak and chilly light of a September dawn a British vessel, the *Maria Crowther,* sets sail from the foggy London docks. On board for his health, a pale young doctor is bound for the balmy coast of Italy. Cramped into a cabin with four other passengers, he earnestly bends over a dimly lit desk. And in the early morning hours his artistic hand pens: "Bright star! would I were stedfast as thou art."

Before he can set down the next line, a sharp pain cuts across his chest like a knife. His body quivers as chills shoot up and down his spine. His face becomes an ashen gray as his eyes freeze into a gaunt stare of fear and impending doom.

Quickly pressing trembling fingers to his mouth, he tries to choke back spasms of coughing, which he has learned inevitably follow the piercing chest pain. But in vain. The terrifying paroxysms continue relentlessly until his handkerchief contains the telltale streaks of blood.

Being a physician, he is fully aware of his malady. In fact, he has long since diagnosed his own case. The disease producing his sepulchral cough has sapped his strength, and now, ruthless as a vampire bat, it is sucking his life blood. It is about to number him one of its own. Already his lungs are marked with the death stamp of the white plague. It has ravaged his body until only the pitiful shell remains—bony frame, hollow features, sunken eyes. But it has yet to take his spirit. With heroic effort he feverishly writes on: "Not in lone splendor hung aloft the night."

More coughing and blood punctuate his poetic lines. While fighting his last battle against a fatal lung hemor-

rhage, this valiant poet-physician, his pen dipped, as it were, in his life blood, finishes his immortal sonnet:

> Bright star! would I were stedfast as thou art—
> Not in lone splendor hung aloft the night
> And watching, with eternal lids apart,
> Like nature's patient, sleepless Eremite,
>
> The moving waters at their priestlike task
> Of pure ablution round earth's human shores,
> Or gazing on the new soft-fallen mask
> Of snow upon the mountains and the moors—
>
> No—yet still stedfast, still unchangeable,
> Pillowed upon my fair love's ripening breast,
> To feel for ever its soft fall and swell,
> Awake for ever in a sweet unrest,
> Still, still to hear her tender-taken breath,
> And so live ever—or else swoon to death.

Earlier in life this persevering young man had studied medicine and passed the surgeon's examinations with credit. He was a skilled operator, but too sensitive to the nervous strain that goes with surgery. "Like a sick eagle looking at the sky," he pined for a poetic career. But this youthful surgeon, one of the world's most beloved poets, was doomed to die all too soon, a victim of the white plague which scourged Europe. A few months later, in Italy, death came to John Keats, distinguished poet and surgeon. Age: 26. Cause: tuberculosis!

For centuries tuberculosis was a leading cause of death in Europe. John Bunyan called it "Captain of the Men of Death." And as recently as 1900 it was the most fre-

quent cause of death among Americans, killing about 200 per 100,000 population. Since then it has gradually declined to eighth place among the causes of death.

Progress against the white plague has been no accident. Thanks are due to the men of science for their outstanding discoveries and to the National Tuberculosis Association, founded in 1904. This organization has spearheaded the crusade against this disease by enabling Americans to protect themselves. In the early years it stressed the treatment of tuberculosis. Later, prevention and health education, case-finding and research, have been among its efforts. In this country widespread pasteurization and the almost complete elimination of the disease in dairy cattle have played a major part in reducing tuberculosis in organs outside the lungs. Extrapulmonary tuberculosis now accounts for only 7.5 per cent of the total deaths from tuberculosis. The over-all record decline from 200 to 30 deaths per 100,000 population is largely due to the unremitting efforts of physicians, nurses, public health workers, and a well-informed public.

In the last analysis, you must protect yourself against tuberculosis. To date no drug has been found that will cure the disease in all instances. The newer antituberculosis drugs, streptomycin, para-amino-salicylic acid (PAS), and others now being tested, hold promise, but prevention and early treatment are still the best weapons.

Because tuberculosis is a contagious disease, one should avoid contact with people known to have it in active form. This includes even our dearest relatives: tuberculosis

plays no favorites. It is often traceable to grandmothers, aunts, and uncles, who have passed it on to an innocent relative or friend by a kiss or by close contact. The disease is spread by germs carried in the sputum (coughed-up discharge) of a person with active tuberculosis. The important thing in control of the disease is to prevent drops of sputum or dust containing the germs from reaching others.

The germs are not so likely to produce the disease if the body's resistance is capable of coping with them: although it can attack even the healthiest person, tuberculosis is likeliest to develop when the bodily defenses are temporarily weakened by fatigue or stress.

Tragically enough, tuberculosis strikes oftenest during the prime of life, between the ages of 15 and 34, when daily activities cause greatest fatigue and stress. And because most of us set high hopes of success during these years, it would pay everyone of this age to live healthfully. For tuberculosis can wreck the best-laid plans. The best precaution against it is good resistance. Good health halts TB. Here are a few reminders concerning good health habits:

Rest and Sleep—Anyone recovering from a cold or other infection, especially if it has involved the lungs, should get an extra quota of rest and sleep. During periods of rest and relaxation the body builds its defenses against disease, recharges the battery of nervous energy, and repairs broken-down body cells. During sleep, adequate ventilation will aid relaxation. In the summertime, sleep with windows

open wide. In the winter close off the bedroom from other parts of the house, and let the air circulate freely. Cold weather calls for more covers, but should not eliminate your supply of fresh air.

A good way to get the amount of sleep you require is to sleep until you are rested. This means about ten or eleven hours for most boys and girls, eight to ten for adults. What could be more inviting at the end of a hard day of work or play than a comfortable bed, with clean sheets and pillow-cases, just enough light covers to keep you warm, plenty of cool fresh air, a dark room and the quiet night outside? These all lend themselves to sound and restful sleep.

Whenever you feel extra tired, get extra rest and sleep. Don't wait until you feel sick; build up your reserves before disease germs have a chance to invade your body. An hour's rest each day after lunch may sound like old-fashioned stuff for grandpas only, but it is a time-tested way to build up resistance after an illness or to gain the relaxation so necessary for preventing disease.

Diet—Everyone's diet should include something from each of the basic seven foods every day: milk and foods made from milk, like cheese, custard, cream soups; butter or vitamin A margarine; protein dishes such as eggs, nuts, dried peas, beans; green and yellow vegetables; potatoes and other vegetables and fruits; foods rich in vitamin C, such as oranges, tomatoes, grapefruit, and salad greens; whole-grain or enriched bread and cereals. Although tuberculosis among dairy cattle has been almost completely eliminated in this country, your milk should be pasteurized.

Water—Most people drink sufficient water each day. A healthy person's thirst is usually a good indicator of how much water he needs. But during abnormal stress and emotional strain, we often forget to make sufficient trips to the drinking fountain. It is then that we should remind ourselves, and cultivate the health-promoting habit of drinking ample amounts of water daily.

Even the most active person must often be reminded to drink water when he has to stay in bed. During illness, especially if fever is present, it is important to take extra fluids. This may be fruit juice, hot or cold beverages, milk, soup, broth, or other liquids. Because the body is three-fourths water, any deficit in the daily intake of water is reflected in the blood and tissues of the body. A body deprived of enough water is a better target for germs.

Cleanliness—Water, outside as well as inside, is a health must. Bathe frequently, and wash your hands before eating. Do not use carelessly washed or common drinking cups. Keep your clothing and surroundings clean. Unsanitary living quarters breed disease.

Cleanse raw vegetables and fruits carefully. Pure foods help to assure protection against disease.

Fresh Air—The air where you live and work should be kept fresh and cool. In cold weather the temperature in your home and your school or office should be 68 to 72 degrees. Indoor air should be as much like comfortable outdoor air as is possible. People who live in stuffy homes or work in poorly ventilated offices, or in factories where silica dust or other abrasives are present in the air, are

more likely to contract tuberculosis than those who flood their lungs with fresh air each day.

There was a time when the long, lean, spidery fellow with a sunken chest and round shoulders, who slumped over his work and failed to breathe deeply, was considered likelier to contract the disease than his more husky comrade. It is now known, however, that even the most healthy-appearing person may contract tuberculosis. But curiously enough, public speakers and singers, who of necessity must breathe deeply, are seldom victims of tuberculosis. There is an old wheeze, "Ten deep breaths a day will keep TB away." Although not entirely true, it is a good health habit. So stand straight, sit up, and breathe deep!

Sunshine—Get your share of sunlight. Sunlight, especially the ultraviolet rays, makes you feel fit. It is one of nature's tonics. Doctors use ultraviolet rays to treat certain diseases. Sunlight helps to prevent many diseases. Sunlight helps to kill the tuberculosis bacillus. Exposing our bodies to the stimulating rays of the sun is another way to build resistance. Whenever possible, the weather permitting, get outdoors and absorb the health-giving rays of the sun. But if you have tuberculosis, do not take sun baths without direct orders from your doctor.

Let the sun shine into your home. If you have sunny windows in your house, open them often. If your rooms are dark and dingy, air your things on the porch, in the yard, or wherever you can find the sunlight.

Outdoor Exercise—Play out of doors each day. As we grow older we must be reminded to exercise each

day in order to keep muscles in good tone and to keep the blood circulating rapidly. Play is good mental relaxation for an adult. It is fun for all. It takes our minds off the cares of the day and keeps the body in good working order. Colds are commoner among people who live in overheated rooms. Moderate daily exercise, such as walking or playing outdoors, stimulates deep breathing. A rich supply of oxygen is carried into the lungs and helps to stop the TB germ. Avoid overtiring or chilling. Over-exertion and fatigue weaken the body's resistance. Be sure to keep warm after exercising. Don't overdo.

You can take these precautionary measures on your own. But your physician must help protect you against tuberculosis. You should have a complete physical examination with a chest X-ray at regular intervals, and at the first sign of illness.

The well-known symptoms of coughing, losing weight, and spitting blood appear only when tuberculosis has been present for some time. The best time to look for TB is before you see any sign or symptom. And the best way to find out whether you have the disease is to have your chest X-rayed.

An X-ray takes but a few seconds. You merely take a deep breath, hold it—and that is all. The picture is then developed like a snapshot. The doctor looks at it to see whether TB germs have done any harm to your lungs. TB can be cured if it is treated in time.

The chest X-ray is not expensive. In fact, if you are unable to afford a chest X-ray in your doctor's office, or have

difficulty getting a chest X-ray, you may call your local Tuberculosis Association or public health department for a free one.

When TB germs make a home in the human body they usually enter the lungs. Then one of several things can happen. A healthy body may fight off the germs, especially if they are few. Your body is on the job all the time getting rid of dangerous germs. Most people do not know when their body has fought a round with tuberculosis germs and come out a winner. Very often an X-ray picture shows the scars of old battles in the lungs.

In other cases the body may not defeat all the TB germs. Millions of people have TB germs living in their bodies, waiting for body resistance to weaken. The body holds its own against the germs. The battle goes on. Neither side is winning.

A chest X-ray can tell the doctor that a battle is in progress. To keep an eye on how the battle is going, the doctor will want to have more X-rays and careful examinations and tests. It is estimated that there are in this country a quarter of a million people with unreported, unsuspected tuberculosis. Early discovery means early recovery.

If a person has far-advanced tuberculosis, the X-ray will show that up easily. He can be given the sanatorium care he needs. He can be isolated from the general public, and thus tuberculosis may be kept from spreading.

The tuberculin test is a safe, accurate, and painless means of discovering whether TB germs are in your body. There are two variations of this test. In the Mantoux test a

drop of germ-free liquid called tuberculin is injected into the outer layers of skin, usually the forearm. In the Vollmer test a patch containing tuberculin is taped against the skin. Two or three days later the doctor looks at the place where he applied the test to see whether you are a reactor or a nonreactor to tuberculin.

A nonreactor has no tuberculosis germs in his body. But being a nonreactor is no guarantee of permanent freedom from infection, since germs may enter the body at any time. It is estimated that only 15,000,000 American adults and children are nonreactors.

A reactor has tuberculosis germs in his body. The skin at the test site is red and raised. Such a reaction does not, in itself, mean active disease. It is, however, a definite indication for an X-ray of the chest. Everyone who is a reactor should be X-rayed yearly.

TB PREVENTION IN A NUTSHELL

1. Stay away from known spreaders of tuberculosis germs.
2. Watch out for people who cough and spit.
3. Avoid frequent colds and infections.
4. Live a healthful life. Eat a well-balanced diet. Get plenty of rest and sleep.
5. Get to know a good doctor. See him whenever you need advice. Have him check your health at regular intervals.
6. Beginning in your teens, have a chest X-ray each year. This is the best way to find tuberculosis early.

MARCH
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6 7 8 9 10 11 12
13 14 15 16 17 18
20 21 22 23 24
27 28 29 30 31

Worry Warts

ARE you one of those modern victims of circular thinking? When it comes time to go to sleep at night, are you hounded by a bevy of little thoughts that keep needling your brain, preventing sleep, making you tense, and robbing you of much-needed rest? If so, then a little heart-to-heart talk on worry, what it is, and what we can do about it, may be helpful to both of us. For actually we all are prone to excessive concern, even doctors. When we see the problem of worry in its true light, we can handle it. No matter what our problem, worry is not a real part of it. It helps nothing.

Worry Is Circular Thinking!—It is the kind of thinking that spins around aimlessly, always arriving back at the same point, with nothing being accomplished by it. Unlike straight thinking, which is always right to the point, and followed by some constructive action, worry is futile.

Worry Is Fruitless Thinking!—When a thought develops in the human mind, muscle tensions also develop in the body to carry out that thought. For example, the telephone rings. Your brain says to your muscles, "Get up and answer it now." But you are occupied in the kitchen baking a cake, and your hands are covered with flour. The phone continues to ring. Your muscles grow tighter and tighter, and you get more and more nervous and flustered. Why? Because your brain is telling you to do one thing, but your body is unable to act. You are worried for fear the other person will hang up, or you are irritated because he called in the first place. At any rate, you have been thinking, but not acting in accord with your thinking. This produces muscle tension.

Make up your mind you will not allow small upsets to bother you at all.

Worry Is Like the Weather—Everyone lives with it, but few do anything about it. But modern science has done something about the weather. We are able to make rain by seeding clouds with carbon dioxide pellets dropped from airplanes. And I have an equal amount of faith that we can do something to change our lives and our worries if we will.

Worry Is Looking Backward or Forward, but doing nothing about today! Worry is regretting yesterday's mistakes, reaching for tomorrow's uncertainties, but not facing facts as they exist today. Too often we try to map a future far worse than it could ever be, or we look back on something we have done, wishing we could change

it. Remember Lot's wife. Don't be one to look back. And don't be a "reacher," borrowing trouble from the future, trouble that most likely will never happen. It may help you to remember that everyone makes mistakes. The winner is the one who doesn't let them worry him.

So here's a little plan to wilt your worries:

1. Shed Your Worries by Action—Lick your worry by doing something about it. Once you take action, muscle tension will diminish, and you will be able to think more clearly about your problem at hand. And by all means be a straight thinker. Don't let your thoughts spin you round and round in circles, ending nowhere. Think constructively and fruitfully, and always follow your thinking by action, if you would avoid nervous muscle tension. For example:

If you can't go to sleep at night because you forgot to write a certain letter, get up and write the letter. To lie there and worry because you didn't write it will only make you tense and nervous. You'll awaken a tired wreck in the morning. But the moment you get up and act on your thinking, tension will snap. You'll be able to go back to bed and sleep like a baby after your letter is written.

2. Share Your Worries—You are a social being. You were never intended to sit off in a corner and draw up like a turtle into your shell. Nor were you intended to keep your fears and worries to yourself. It is only natural for you to want to share your joys and your sorrows with others. This interchange of thoughts and ideas, shar-

ing and helping others, is the thing that makes life so very worth while. You know what a glow of warmth comes into your own heart when you can bring cheer and happiness to a worried neighbor who may be concerned over a sick child. Maybe you were able to act as a baby sitter while the tired mother and father went out for an evening. You didn't take a dime for your services, because the radiance that came to their faces at the thought of your kindness amply repaid you.

When you are worried, seek out a friend or a neighbor and talk the problem over with him. A trusted friend can be a lifesaver in sharing a problem. If your problem is a more confidential one, consult your pastor or physician about it. But share your worries. You'll notice a great relief when you get rid of your problem by talking it over with someone.

3. Sidestep Your Worries—Let God take over your problems, and you sidestep them and let them fall into His powerful hands. After you have taken concerted action against your worry, you still may have a bit of a problem left. Even after sharing it with a friend, your pastor, or your physician, you may still have a tag end of tension. Then is the time to seek a being greater than yourself, greater than your doctor; the only one who can rid you of that last remnant of worry. Kneel by your bedside in perfect faith and tell God you want Him to take the problem and let you sidestep it entirely. Faith moves mountains, and if you cast your problem on Him in full and implicit faith, you will find that your feeling of insecurity

and tension will give way to a feeling of confidence, relaxation, and peace.

For your health's sake and for your future happiness develop a "worry wilting" formula of your own. (1) Shed your worries, (2) share your worries, (3) sidestep your worries.

When you do, your thinking will be straight, your muscles relaxed, and you will be at peace with yourself, your fellow man, and your God.

Sure, You Can Afford a Doctor!

W HEE, $250 for that operation!" Pop whistled as he opened the doctor's statement. "That's terrific! How'll I ever pay it?" Hold on, Pop, and we'll tell you. And maybe when we are through, that bill won't seem so outrageous after all.

With so much talk about the high cost of medical care today, doctors and patients alike are becoming concerned. And the bill is no myth when it comes. But let's look the situation over, and we'll see that there is a solution.

First, Pop, the doctor saved your life. You might have died from peritonitis had he not removed your gallbladder with all those stones that were eroding their way through its wall. And this was the first surgery you've had. For twenty-odd years, now, you've spent little on medical expense. If this $250 were spread over that time, it would be only $12.50 a year.

And this good health record has been largely due to medical advances, all of which came through your doctor's

private and public health practice, i.e., reduced contagious diseases, better sanitation, wonder drugs.

Now, Pop, see that cigarette in your hand? If you can afford a pack a day, you can afford your doctor! For most families average about $70 yearly for medical care (20 cents a day, or the cost of a pack of cigarettes). So you can improve your health two ways, Pop. Give up cigarettes and pay your doctor at the same time.

During 1949, Americans spent nearly twice as much on cigarettes and tobacco ($4.3 billion) as they did on doctors ($2.3 billion), and three times this amount ($7.9 billion) on liquor and alcoholic beverages. Look at the year's figures, Pop, and you'll vividly see that we were able to afford luxury items three times as easily as we could afford our valuable doctors. For we spent $24.6 billion on fun and only $7.9 billion on medical care.

So, Pop, if doctor bills are hitting you below the belt, why not invest the cost of a pack of cigarettes in a health insurance policy? If you work in a factory, office, or plant where group insurance is available, you can protect yourself, your wife, and as many children as you have against hospital and surgical expense for about $70 a year (less than 20 cents a day). If you take out a policy individually, this is only slightly higher.

You pay health insurance as you go along, a little at a time, just as you pay your regular bills. You don't notice the pinch, for you pay only so much once a month or once a quarter. Considering what you get if a member of the family falls ill, the rates are reasonable.

For example, here are the rates for one national hospitalization plan:

	Month	Annual
Group—Individual Hospital expense only	$1.30	$15.60
Group—Family Hospital expense only	3.00	36.00
Group—Individual Hospital-surgical	2.30	27.60
Group—Family—husband, wife, children Hospital-surgical	5.70	68.40
Non- Group—Individual—hospital only	1.55	18.60
Individual—hospital and surgical	3.60	43.20
Non- Group—Family—hospital only	2.75	33.00
Family—hospital and surgical	6.85	82.20

Today 70,000,000 wise Americans budget their medical expense in this way.

Now, Pop, you should also know that Mr. Average American has little difficulty paying his doctor. The $3 office visit, $5 home call, or $150 operation he can usually handle. But it's the heavy hospital bill that often runs over $200 that flattens his bank balance.

And while certain Government agencies would like to tell you this is your doctor's fault, in reality it is the hospital bill that is so high.

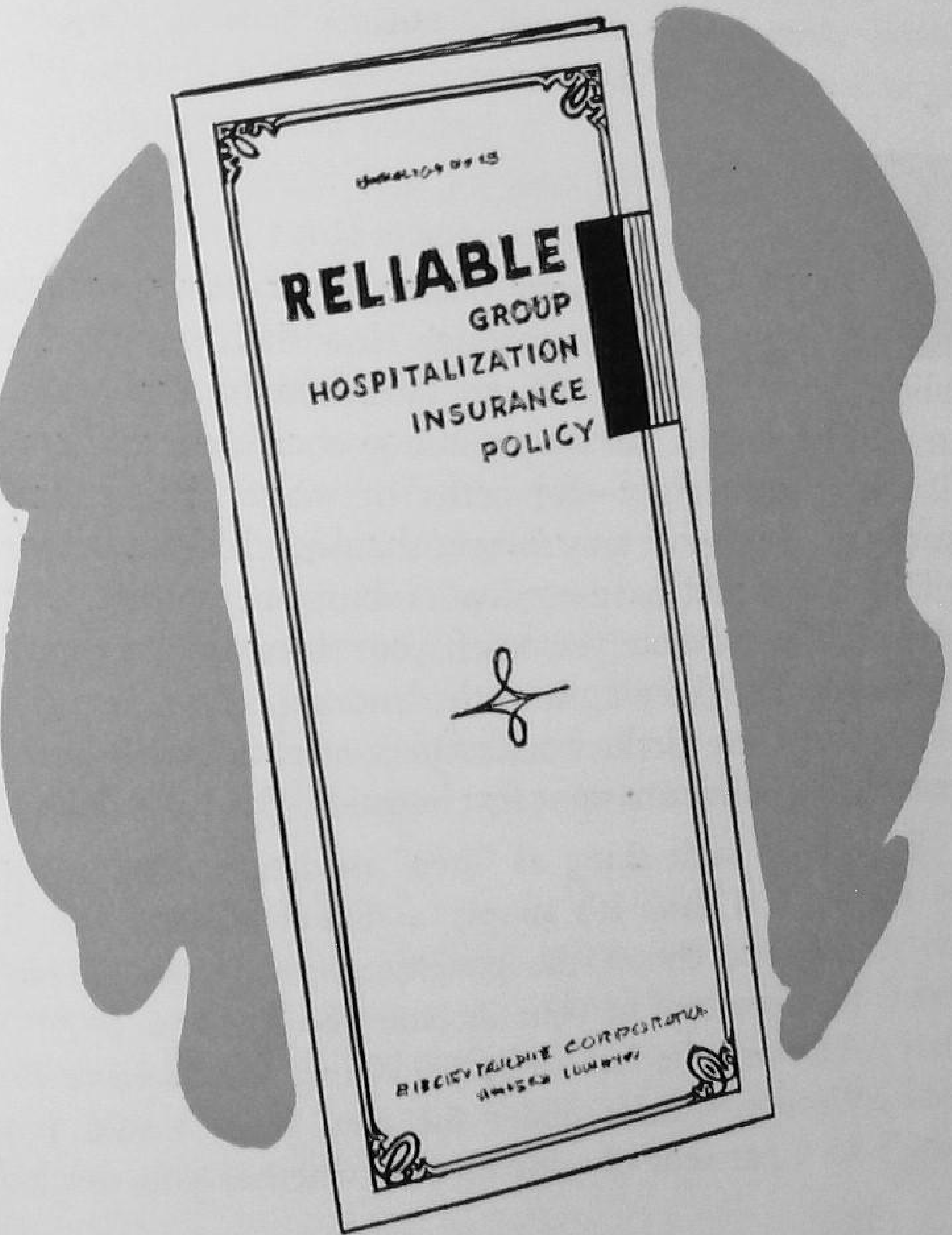
So, if you can afford only one type of insurance, the hospital policy is your better investment, since it covers the high hospital expense.

But if you can carry a surgical plan too, you'll be able to cover your doctor bill also.

Now, Pop, really, is your medical expense—20 cents

a day—so high? Last year we Americans spent only $7.9 billion for medical care, but we somehow managed to blow in $24.6 billion, three times that amount, for pleasure items. Which is more important, your health or your fun?

Now, if you can afford a pack of cigarettes a day, you can afford your doctor!



The Bond Between Us

YOU, and not your doctor, must settle today's biggest health problem: How shall we pay for medical care? You may not be interested in economics, bureaus, and politics, but simply in how socialized medicine will affect your family—for better or worse. But, unfortunately, if you choose government shoulders to lean on for medical care, you'll have economics, bureaus, politics, and endless red tape before you reach your doctor or hospital. Government bookkeeping is costly. Under the new plan the government filing clerks, bookkeepers, statisticians, administrators, and politicians must first be paid—then the doctor.

There's no such thing as "free" medicine. You must pay for medical care. It's simply a matter of how you'll pay. And if you choose the government way, you'll pay from 3 to 4 per cent of your income ($100 for a $3,300 salary). Doctors, the last to be paid now, would have no more collection worries under the new plan. You'd pay from 3 to 4 per cent of your income whether you needed

a doctor or not. Add this to the present 1½ per cent for social security (matched by the employer), and 11 per cent of our national income would go for security.

But what sort of security? At sixty-five you can retire and draw your well-earned social security. How much will you get? On a national average, probably twenty-six dollars a month. Is that security? Yet the same agency which advocates this kind of security proposes to relieve you of all medical worries. We wonder!

But what you'd lose in your pay envelope to cover "free" medicine could never compare with the loss of your doctor's personal interest. Today, if you become ill, you can pick up your phone, and in short order—day or night—a warm sympathetic, tenderhearted doctor is at your side. Vitally interested in getting you well and keeping you well, he values above all else—your confidence. The heart-to-heart bond between you and your doctor is the thing that drives him from his warm bed at the chill hour of midnight to come to you. It is the priceless treasure your doctor calls the doctor-patient relationship—the bond between you. And it is the certain something that elevates the practice of medicine above the mere level of crass commercialism.

But break this bond, and the incentive for the doctor to render high-quality medicine is lost. Reduce the doctor's personal interest, take away the human touch, and medicine becomes a heartless business, as cold and impersonal as a bank loan. He has no personal interest to do his best. And you, the patient, will be the loser.

Picture a doctor-government-patient relationship. Like a third party in the consultation room, the government (a bureau of administrators, unfamiliar with matters of medicine) stands between you and your doctor. Your relationship with a public government doctor will be a cold, impersonal affair. He can have no more interest in you personally than a factory worker in a product on the assembly line. Just another case! And the doctor becomes an impersonal government cog.

Once the incentive for high-quality medical practice is removed by severing the doctor-patient relationship, the patient suffers. And one of the most subtle but sure ways to break the precious bond is to place the government between you and your doctor. Demoralizing government control can only result in an impersonal assembly-line doctor.

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